The Chapel Chef

Compiled by

The Women of the Church
Eastern Shore Chapel
Virginia Beach, Virginia

September, 1964

The history of Eastern Shore Chapel begins ante 1689 when the first building was erected as a "chapel of ease" approximately a mile and a half northwest of the present site. Other buildings were erected in 1724 and 1754. The present Church was completed in 1954 and enlarged in 1963.

WHERE

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Foreword

"But for life the universe were nothing; and all that has life requires nourishment."

Realizing that the body, as well as the soul, needs nourishment, the Women of Eastern Shore Chapel have prepared this Cook Book, and now with pride submit it for your use and enjoyment, for truly cooking is a great joy, when one can be sure of one's results. As all these recipes have been favorites of our women, and have been used by them, we feel that you can use them with confidence and pleasure, being assured of successful results, if they are properly followed.

We wish to thank all contributors for their recipes, Newton Byrd Miller for his delightful sketches, Mrs. Louise W. Richards for her time and invaluable assistance, and our special thanks and appreciation go to Mrs. Richard A. Remington and Mrs. S. J. Montgomery, who compiled, typed, and worked untiringly.

Mrs. J. Davis Reed
President

TERMS USED IN COOKING

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Terms Used in Cooking

Baking: Cooking in an oven.

Basting: Moistening with gravy or liquid at frequent intervals.

Blanching: Pouring boiling water over food, sometimes cooking a few minutes, and plunging into cold water immediately.

Boiling: Cooking in boiling water. Boiling point, 212° F.

Braising: Searing in fat, then cooking, covered, in oven or on stove in small amount of liquid.

Fricasseeing: Stewing pieces of meat or fowl and serving with thickened gravy or sauce.

Frying: Cooking in hot fat, deep enough to cover food to be cooked.

Grilling: Broiling.

Marinating: Allowing food to stand in French dressing or a mixture of oil and vinegar or lemon juice.

Masking: Completely covering food with sauce or mayonnaise.

Parboiling: Boiling until food is partially cooked.

Roasting: Cooking uncovered, without water, in an oven.

Sautéing: Cooking in a small quantity of fat over direct heat.

Simmering: Cooking at just below the boiling point.

Steaming: Cooking over boiling water, or in a steamer or double boiler.

Stewing: Cooking slowly, in liquid, covered, at low temperature, for a long time.

To Purée: Pressing food through sieve or ricer.

Trying Out Fat: Heating fatty meat, usually pork or bacon, until fat becomes liquid and can be poured off.

WEIGHTS AND MEASURES

Table of Weights and Measurements

60	drops	1 teaspoon
3	teaspoons	1 tablespoon
2	tablespoons	1 liquid oz.
4	tablespoons	1/4 cup
16	tablespoons	1 cup
1	wine glass	1/4 cup
2	cups	1 pint
2	pints	1 quart
4	quarts	1 gallon
8	quarts	1 peck
4	pecks	1 bushel
16	ounces	1 pound
4	cups flour	1 pound
3	cups corn meal	1 pound
2	cups granulated sugar	1 pound
2-2/3	cups powdered sugar	1 pound
2-2/3	cups brown sugar	1 pound
2	cups solid meat	1 pound
9	medium size eggs	1 pound
5	whole eggs	1 cup
8 to 10	egg whites	1 cup
13 to 14	egg yolks	1 cup
2	cups solid butter	1 pound
1	pound brick butter	2 cups
1	rounded tablespoon	2 tablespoons
4	tablespoons flour	1 ounce
2	tablespoons butter, sugar or salt	1 ounce
1	square bitter chocolate	1 tablespoon, or 1 ounce when melted
1	ounce chocolate	1/3 cup cocoa
1	cup raisins	6 ounces
1	lb. walnuts in shell	1/2 lb. shelled
1	lb. pecans in shell	1/2 lb. shelled
1	cup walnuts shelled	1/4 pound
1	cup pecans shelled	1/3 pound
1	cup almonds shelled	1/4 pound
1/3	cup blanched, chopped almonds	1 ounce

Table of Weights and Measurements (cont.)

1 small square compressed yeast	- 1 ounce
1 large family size compressed yeast	- 1 ounce
1 package cream cheese	- 4 ounces
1 lemon, juice	- 2-1/2 to 3-1/2 tbsp.
1 orange, juice	- 5 to 6 tbsp.

Approximate Weights

1 peck potatoes	- 15 pounds
1 peck spinach	- 3-1/2 to 4 pounds
1 peck peas in pods	- 7-1/2 pounds
1 peck tomatoes	- 14 pounds
1 bushel plums	- 50 pounds
1 bushel pears	- 48 pounds
1 bushel peaches	- 48 pounds
1 bushel apples	- 44 pounds

Standard Sizes of Canned Fruits and Vegetables

An 8 oz. can	- 1 cup
No. 1 can	- 1-1/4 cups
No. 2 can	- 2-1/2 cups
No. 2-1/2 can	- 3-1/2 cups
No. 3 can	- 4 cups
No. 10 can	- 12 - 13 cups

HOUSEHOLD HINTS

Household Hints

Bulk Butter: Pack solidly into cup or spoon, and level off with a knife. If very hard, leave at room temperature or cut into small pieces.

When a recipe requires part of a cup of butter or fat, fill a cup with cold water; then pour off the same amount of water as the butter required; for example, to measure 1/4 cup of butter, fill a cup with cold water, pour off 1/4 cup, and add butter until cup is filled. The butter added will equal 1/4 cup.

Brick Butter: When 1 pound of brick butter is cut and wrapped in four lengthwise parts, each part equals 1/2 cup; one inch of each part equals 2 tablespoons. When not divided, 1/2 of brick equals 1 cup.

To Cut Brick Butter: Cover blade of knife with wax paper, dip knife in very hot water; or saw through with string.

A cupful is a measuring cup filled LEVEL or even with the ridge marked 1 cup.

A spoonful is a spoon filled LEVEL with the top.

Half a spoonful is obtained by dividing through the middle lengthwise. For 1/4 spoonful divide the half, crosswise; for 1/8, divide the 1/4 crosswise.

A speck or a few grains of anything is what will lie within a space 1/4 inch square.

Household Hints (Cont.)

Borrow Sonny's marbles and place several in your kettle when you're making jelly, preserves, apple butter, or anything that requires continuous stirring. Marbles will roll constantly across the bottom and prevent sticking.

When jelly will not jell, place the glasses in the oven, at 250°, for about an hour. This saves the time and effort needed to remove the jelly from jars and reboil.

If imperfectly sealed, mold will form on jelly. To remove mold, pour 1/4 teaspoon of brandy or grain alcohol over jelly, then light it. When alcohol has burned off, mold is gone. Apply new coat of paraffin at once.

To prepare jars for canning: Set oven for 220°. Wash jars in soap suds and rinse. Put jars in a metal dish drainer, set in oven for a few minutes to sterilize, or leave until ready to use.

Before making jam, rub inside of cooker with a little olive oil. This positively prevents jam from sticking to bottom of pan.

When making apple jelly, place a single washed leaf of Rose Geranium, or a small sprig of mint, in the bottom of the glass. Pour in hot jelly, cover, and don't open for at least two weeks.

Household Hints (cont.)

Line pockets of childrens' sweaters with cotton cloth of same color. Pockets will not then wear through nor stretch.

Remove perspiration stains from wools and non-washable fabrics by sponging with white vinegar.

Remove candlewax from your tablecloths by first scraping away top layer, then place stain between clean white blotters, cleansing tissues or paper towels and press with warm iron, changing blotters as they become soiled. Sponge with carbon tetrachloride.

The perfect spot check! To remove chewing gum from washable fabrics soften with egg white, then wash in lukewarm water and soap. Remove gum from carpeting by first rubbing with ice, then scrape and rub hardened gum out of rug. Soak stain in carbon tetrachloride.

Remove unsightly white heat marks from table tops by rubbing with a hard paraffin wax candle. Then cover with blotting paper and press with a warm iron. Repeat, if necessary. Afterward, rub well with soft cloth to restore finish.

Keep a bottle of "Brush-Top-Spot Remover" on hand. When grease spots appear on clothing, simply sponge with the brush top applicator, which is on top of the bottle.

Household Hints (cont.)

Rain spots on suede shoes will quickly disappear if rubbed gently with an emery board.

If your silex coffee maker has a tendency to become cloudy, make tea in it once in a while. The tannic acid will remove the film.

Black marks made on hardwood floors or linoleum by rubber heels may be removed by using a cloth dampened with rubbing alcohol.

Remove soil and dirt that collects in the cement between tiling with scouring powder moistened with liquid bleach.

Linoleum will have a glossy lovely finish if you put some clothes starch in the mop water.

To clean brass use a paste made of equal parts of flour and salt moistened with vinegar.

Blood stains are set by hot water. Soak in cold water, then launder. If stain remains, use chlorine bleach. For non-washable materials, sponge with cold water or a mild soap solution.

Grass and flower stains: Rub spot with heavy soap suds. If stain remains, use chlorine bleach or hydrogen peroxide. For non-washable material, sponge with wood alcohol.

Household Hints (cont.)

Iron and rust: These stains are usually easy to remove by applying salt and lemon juice and exposing spot to the sun. Or use oxalic acid at intervals and rinse thoroughly. This applies only to washable materials.

Ice cream, milk and cream: Soak in cold water, then launder in hot soapy water. For non-washable material, sponge with warm water. When dry, remove grease with carbon tetrachloride.

To remove lipstick on a dress, use carbon tetrachloride.

Mud: Dry clothing, then brush well with stiff brush. Wash in soapy water. If stain remains, sponge with denatured alcohol.

Silver: Immerse it in one gallon of hot water placed in an aluminum pan. Add one tablespoon salt, one teaspoon soda. Let stand, then rinse and dry it.

Soilax is wonderful for removing spots, tarnish and brightening silverware. Put the Soilax in an aluminum pan and fill pan with hot water. Place silverware in solution for a minute or two then remove and rinse.

To clean a burnt or greasy pan quickly, place one inch of water in bottom of pan. Add one teaspoon, or more, of soda and heat the water to the boiling point.

Brass may be polished with a paste made of table salt and vinegar.

Household Hints (cont.)

To clean narrow neck vases or bottles that have openings too small for a bottle brush, drop some crushed eggshells into the vessel, add a little water, and shake until all film and dust disappear from the glass. After rinsing, all will be crystal clear.

Soften up hardened glue by placing a few drops of vinegar in the container.

Remove a broken light bulb safely by pressing a large cork into the base of the bulb and unscrewing it easily without having to touch the jagged edges of the bulb.

Stop frying pan explosions by sprinkling a little salt in the pan. Keeps fat or lard from splattering and makes range cleaning easier.

To treat new skillets or pans: Grease them well, then place them in a hot oven (450°) for about thirty minutes. Scour them well with steel wool.

To prevent tarnishing of silver, keep a piece of alum in the drawer with the silverware.

To remove odors from jars or bottles: Pour a solution of water and dry mustard into them and let stand for several hours, or use a direct chlorine solution. Then rinse well in hot water.

Household Hints (cont.)

A bigger bird is a better buy, because in the larger turkey (or chicken) there is less bone in proportion to meat than in the smaller bird.

Stuff a chicken with a cored apple to keep meat moist and to add piquancy to flavor.

Serve your bird on a sliver platter! If turkey is too large for your platter, wrap a tray with aluminum foil and use it for serving.

It all boils down to good soup! Whatever you boil, meat, poultry, fish or vegetables, all yield wonderful stock for soup base. All give a bonus of extra-fresh flavor and vitamins, even if all you do is add to a can of ready-to-dilute condensed soup.

To remove fat from soup, dip an ice cube wrapped in a piece of clean cloth into soup. Fat congeals quickly on a cold surface.

For an exciting new lift in flavor, add a few cloves to vegetable soup.

Keep lemons for months (after you buy them at a bargain) by putting them into sterilized canning jars and covering with cold water. Then adjust the rubber rings and screw covers down tightly. Not only will they stay fresh for months, they will yield much more juice than when you first bought them.

Household Hints (cont.)

A citrus bonus! For more flavorful fresh fruit drinks, place orange and lemon rind in cold water so that rind is fully covered. Bring to boiling point. Remove rinds. Add fruit flavored cooking water to fruit juices.

All the white skin lining of an orange will come with the peel if the orange is soaked in boiling water for about five minutes before peeling.

Cauliflower will come to the table much whiter if a piece of lemon is added during cooking. But remember to cook only until tender, for overcooking tends to darken cauliflower.

The kernels of sweet corn are a cinch to remove from the cob if you use a shoehorn. The wide end of the shoehorn is just right for shearing the corn kernels off.

Always open cans of whole asparagus spears from the bottom so that the tips will not break as you ease the spears out of the can.

To draw out the insects that may be hidden inside the heads of cabbage, cauliflower, or similar vegetables, let vegetables stand for fifteen minutes in cold water containing a little salt or vinegar.

Household Hints (cont.)

If you have no asparagus cooker, you may improvise one by inverting the upper half of a double boiler and placing it over the lower portion. This permits the tougher ends to cook in boiling water while the more tender tips are cooked by the steam.

Reheat baked potatoes by dipping them in hot water, then rebaking in a moderate oven until they are hot.

How to cook every vegetable that grows: If it grows beneath the ground, start it in cold water and cover with a lid. If it grows above the ground, start in boiling water and cook uncovered.

Potatoes, if foiled about five minutes before putting in hot oven, will be thoroughly baked in about half the usual time.

A jellied salad may easily be unmolded by first brushing the inside of the mold with salad oil. When ready to serve, run a sharp knife around the top edge of the mold and invert on a plate.

When using canned cherries for pie, add a few drops of almond extract to bring out the fresh cherry flavor.

On removing pie from oven, do not put on flat surface of a table to cool, but on a wire rack where air can circulate. The rack helps to keep the crust crisp.

When you empty a cream bottle, rinse out the clinging cream with milk and pour it back into the milk bottle.

Household Hints (cont.)

Add a new interest and crispness to your green salads with grated raw cauliflower.

Delight the children with "happy sodas", cooled with colorful "nice cubes". For the "nice cubes", fill ice trays and partially freeze; then add a colorful Life Saver in each cube and freeze until solid. Put two frozen "nice cubes" in each glass, fill with fruit juice and top with a teaspoon of beaten egg white. The results, a cooling "happy soda" that's nourishing, too!

Melt five lemon Life Savers over low heat in one cup of syrup for a delightful new pancake topping. You may substitute any Life Saver flavor you prefer.

Add an orange, lemon, lime or clove Life Saver to your next cup of tea for an exotic new flavor.

For a new taste in tea, add a small bit of dried orange peel to the teapot.

To preserve the flavor of coffee after it has been ground, keep it in the refrigerator.

Iced tea or coffee is greatly improved if the ice cubes are made of coffee or tea instead of water.

To break nuts quickly, place in paper bag and roll with rolling pin.

Household Hints (cont.)

Cover dried fruits or nuts with flour before adding them to the cake batter. This will keep them from sinking to the bottom during baking.

To prevent icing from running off cake, dust a little cornstarch over the cake before icing.

Here's a way to keep the meringue in a pie from being stringy when cut. While the meringue is hot, use a knife dipped in hot water to mark off the pieces of pie, cutting only through the meringue.

Paper plates are excellent for sifting flour and other dry ingredients. The plate can be bent slightly to make a pouring funnel and the dry ingredients can be sifted as often as you wish.

Mail a cake packed in popcorn. Use a box larger than the cake and pack on all sides with popcorn. This acts as a spring for the cake and it will reach its destination in first class condition.

To pack cookies: Cut top off milk carton on three sides. When filled, seal tight by pressing down top with scotch or adhesive tape.

To keep cookies fresh and crisp, put a handful of torn tissue paper in the bottom of the cookie jar.

Fudge will be smoother and creamier if a teaspoon of cornstarch is added to each cup of sugar.

Household Hints (cont.)

When a recipe calls for sour milk and you have none, add vinegar to sweet milk - about one tablespoon to a cup.

Beat one small can of milk into a pound of margarine to pep up the food value.

Coffee cream may be shipped by adding one teaspoon of gelatin which has been dissolved and allowed to cool almost to the setting stage.

Stale bread turns into a taste treat! Trim crusts and spread with mayonnaise. Toast in waffle iron until brown. Cut each slice into three fingers. A delicious new bread stick to serve with soup or juice.

Pancakes will remain hot longer if the bottle of syrup which is to be served with them is first heated in hot water.

Nutmeg will remove the scorched taste from chicken or meat that has been burned, and adds a wonderful flavor of its own.

Macaroni, spaghetti or rice won't boil over if a small piece of butter is added to the cooking water.

For French toast with a crisp coat, add one tablespoon of flour to the egg and milk batter.

An apple, cut in half and placed in the cake box, will keep the cake fresh for several days longer.

Household Hints (cont.)

A piece of fresh bread or a wedge of apple in the brown sugar jar will keep the sugar moist. The bread or apple should be changed occasionally. Another way to prevent brown sugar from hardening is to keep it in the refrigerator.

When frying meat or fish, cover skillet with a colander. This allows steam to escape, permits food to brown well, and prevents grease from splattering.

If you're in a hurry, frying time can be cut down, and more cooked at once, if you criss-cross the slices and turn bacon all at once with a pancake turner.

For perfect, picturesque fried bacon, soak the strips in cold water for a few minutes before frying. This lessens tendency of the bacon to shrink and curl. Put the slices into a cold skillet, turn them often, drain off excess grease as it accumulates. You wind up with more of the bacon, and what a difference in appetizing good looks!

Don't salt liver before frying as it will cause the meat to shrivel and toughen. Add salt after cooking.

Meat patties all of a size are no trick at all when the seasoned ground meat is patted into greased muffin pans and baked in them.

Canned shrimp are improved if soaked in ice water for one hour.

Household Hints (cont.)

Use a cigarette lighter to singe pin-feathers left on dressed poultry. Result is neater, safer, quicker and singeing does not smudge the skin of the fowl.

To prevent an egg from cracking while it is cooking, pierce either end with a needle before placing the egg in the water.

Save your salt cartons! An empty salt carton makes a convenient container for bread crumbs, the desired amount shakes easily from the spout. Finely crumble dried bread and pour through funnel into spout of carton.

To eliminate cabbage odor while cooking, drop a whole walnut into the boiling water.

Onion odor may be removed from the hands by rubbing them with some damp salt.

Putting a toothpick through a clove of garlic before cooking will make the clove easy to find when the time comes to remove it.

If you have used too much salt in the cooking of food, add a raw potato to it. This will absorb much of the salt.

By means of a knife dipped in warm water you can slice hard cooked eggs without breaking the yolks.

A small amount of baking powder added to Bisquick will make biscuits more tender and delicious. This improves waffles also.

Household Hints (cont.)

Add one tablespoon minced onion to baking powder dough when it is to be used as a crust for meat pies.

Any covered sandwich (two slices of bread) may be buttered lightly on both top and bottom and cooked in electric waffle baker until brown.

Peanut butter will go further and spread easier by adding one tablespoon of hot water just before using.

For fluffy white rice try adding one teaspoon of lemon juice to the cooking water. Keeps grains separate, too.

When you make vanilla ice cream, try adding a little Angostura Bitters to the vanilla as you stir it in. (Not too much, though.)

Try finely minced crystallized ginger in the above. Also, in sauce for ham, sweet potatoes, or creamed cauliflower. (Not, however, all in the same meal!)

Ice trays will not stick in the refrigerator if they are placed on a piece of waxed paper in the freezing compartment.

After cooking starch, sprinkle cold water over it and no scum will form on top. When ready for use, stir it well, mixing water with the starch.

To rainproof addresses on luggage, rub a warm candle over them.

Household Hints (cont.)

Blankets too short? Sew a strip of muslin to the end that is to be tucked in at the foot of the bed.

When sewing with a double thread do not knot them together. Place a knot on each thread and they will not snarl.

If thread twists and knots while you are sewing, try threading the end that first comes off the spool. This way, you are sewing with the twist of the thread, not against it.

To avoid the nuisance of getting paint on your hand and arm when painting ceilings or high places, punch a small hole in a paper plate and fit the brush handle into it.

Helpful Hannah says:

Gloves

White kid gloves can get so black
They shine like sheerest silk,
But Hannah Housewife always cleans
With flannel, soap and milk!

Baking Tins

Borax water, made up strong,
Is Hannah's great delight
For getting all her baking tins
A brand-new, sparklin' bright.

Gum

Material smeared with Junior's gum
Will wash so clean and nice
If you, like Hannah, smear the gum
With a tiny cake of ice!

Copper

Grandma's copper Kettle's black
And it's all Hannah's fault.
She doesn't know that copper cleans
With lemon juice and salt.

Colors

Green, blue, lavender, pink
Are made fast colors in a wink
Hannah Housewife knows they'll scrub
With two ounces of alum in each tub,
And blues, blacks, and grays orter
Be well soaked in salted water!

Helpful Hannah says (cont.):

Cream Pitchers

"Cream pitchers really are a drip"
Says Hannah in a flutter.
She doesn't know to touch its lip,
With just a smear of butter.

Charcoal

"Charcoal in the icebox?"
Poor Hannah was aghast
Until she found that charcoal
Made odors check out fast!

Odors

One helpful household hint
Poor Hannah doesn't know,
Is vinegar boiled on the stove.
Makes kitchen odors blow.

Onions

Hannah Housewife never learns
To do the things she orter.
She peels her onions high 'n dry
Instead of under water.

APPETIZERS AND CANAPE MIXTURES

Canapes de Caviar

Skin and wash 1 box of sardines.

Add 1 small jar caviar, 1 tbsp. lemon juice, 1 tbsp. onion juice, 1 tbsp. oil.

Add paprika, English mustard, and tabasco sauce to taste.

Serve on buttered toast. Top with a chopped hard boiled egg and parsley.

Mrs. R. F. Trant, Sr.

Canape Florentine

Cut a round of toast (not buttered). On this place 1 thin slice of tomato. Fill center with pearl onion. Around this put a ring of grated hard boiled egg.

Mrs. R. F. Trant, Sr.

Cheese Fluff

6 slices of bread	2 tbsp. melted
1-1/2 cups milk	butter
1 cup grated cheese	2 eggs

Place 3 slices of bread in buttered baking dish; sprinkle with cheese, and cover with remaining bread and cheese. Pour over all beaten eggs and milk seasoned to taste. Let stand about two hours. Bake in moderate oven 30 to 40 minutes, until custard is set. Serves 6.

Cheese Crisps

1/2 cup cornmeal
1 cup flour
1 tsp. salt
1 tsp. dry mustard
(1/2 if English variety)
1/3 cup shortening
1/2 cup grated cheese
1/4 cup milk

Sift cornmeal, flour, salt and mustard. Cut in shortening to make coarse mi ture. Add milk and mix. Knead and roll to 1/8" thickness. Cut in shapes (or make into shallow cups which may be filled with your favorite appetizer mixture). Bake at 375° until light brown.

Mrs. Ian P. Goodwin

Cheese Tempters

1/2 cup margarine, softened
1/2 cup grated sharp cheese
1 cup, plus 2 tsp., sifted flour
1/4 tsp. salt
dash of pepper

Mix ingredients together. Mold into thin rolls. Chill overnight. Cut in thin slices. Place pecan on top. Bake on ungreased cookie sheet at 375°, 11 - 13 minutes. Makes approximately 5 dozen.

Edith Bullis

Cheese Puffs (hors d'oeuvres)

On each of as many rounds of Melba Toast as needed put a thin slice of onion, then a generous dab of mayonnaise. Sprinkle with Parmesan cheese. Put under broiler until puffy and light brown. These are really delicious.

Ruth Moore

Bumpy's Olive-Cheese Puffs

1/4 lb. grated cheese (American, very sharp)
1/4 cup soft butter or oleo
1/4 cup sifted all purpose flour
1/4 tsp. salt
1/2 tsp. paprika
24 stuffed olives (approx.) (small size)

Blend cheese and butter, add other ingredients. About 1 tsp. dough will wrap around olives (cover completely). Refrigerate at least 4 or 5 hours before using (overnight is better). Bake on ungreased cookie sheet, leaving good space between, at 400°, 10 to 15 minutes. These will keep in refrigerator for a week before baking, or in freezer for 3 to 4 months.

Mrs. J. Malcolm Firth

Chafing Dish Crab

(To serve with tiny tart shells)

Cook 1/2 cup shredded green pepper, and
1/2 cup minced onion, in
1/2 cup butter, in upper part of double boiler, until tender.

Add 1/2 cup flour
1 tsp. dry mustard
1 cup milk
1/2 cup shredded cheese

Cook until it thickens somewhat. Then add 1 pound well picked over regular crabmeat, 2 tsps. Worchestershire Sauce, 1/2 tsp. salt, and tomato pulp (well drained) from 1 regular size can of tomatoes.

Its easy on the hostess. Keeps hot in a chafing dish. Guests can pick up a shell and fill for themselves.

Anne B. Brydges

Crab Dreams (hors d'oeuvres)

2 egg whites
1 cup mayonnaise
1 can crab meat

Beat white of eggs until stiff. Add mayonnaise and crab meat. Put mixture on squares of bread that have been fried in butter on one side, and place under broiler until brown, 2 or 3 minutes. Makes 25.

Mrs. Alden W. Whitney

Party Snacks

1 pkg. Wheat Chex
1 pkg. Rice Chex
1 pkg. Cheerios
1 pkg. Pretzel Sticks
2 cans Mixed Nuts
1 lb. Oleo
2 tbsp. Worcestershire
1 tbsp. (full) garlic salt
1 tsp. Savory Salt

Cook 2 hours at 250°, stirring with wooden spoon every 20 minutes.

Mary Champe Burroughs

Garlic Cheese Spread or Dip

1 lb. American Cheese
1-1/2 tsp. garlic powder
Cayenne pepper
Beer

Grate cheese. Soften with beer to consistency desired for spread or dip. Add garlic powder and cayenne pepper.

M. Bass

Sharp Cheese Dip or Spread

Wedge of sharp Cheddar Cheese
1 can beer (amount needed depends on amount of cheese used)
Garlic Powder
Red pepper
Dash of salt if desired

Grind or grate cheese and place in mixing bowl. Add beer slowly, mixing with fork or electric mixer until mixture assumes desired consistency. (Thick for spread, thinner for dip) Add garlic powder (about 1/2 tsp.) and sprinkle with red pepper. Serve with chips or thin crackers.

Dunk 'n Dip

Put 1 clove of garlic, minced fine, in bowl.

Add 1 8 oz. pkg. cream cheese and 1/2 pint sour cream. Cream thoroughly, use electric mixer, if available.

Add 1/2 tsp. salt
1/4 tsp. freshly ground pepper (black)
5 drops Tabasco sauce
2 to 3 level tbsp. dehydrated horse radish (no other will do). Use only 2 tbsp. if you do not like it real hot
1 tbsp. fresh parsley, chopped, or
1/2 tsp. dried parsley

Blend all together. Store in glass or earthenware jar, covered, in refrigerator 12 hours before using.

The amount of cream may be varied to make sauce thinner or thicker. Sauce will be much thicker after standing 12 hours.

Mrs. S. J. Montgomery

Shrimp Cocktail Sauce

1 tbsp. horseradish
1/2 cup catsup
2 tbsps. lemon juice
1/8 tsp. salt
2 or 3 drops Tabasco sauce
1/2 tsp. celery salt

Combine and serve cold with chilled shrimp. Makes 2/3 cup sauce.

Mrs. Richard A. Remington

Pickled Oysters

1 qt. oysters, no juice
1/2 box pickling spices, mixed (about 2 oz.)
red pepper (generous)
1/3 tsp. salt
few drops Worcestershire
3 cups vinegar

Bring to boil vinegar and spices.

Taste. Must be spicy and very hot with pepper.

Dry oysters. Drop in hot vinegar and simmer until edges curl. Put in jar with tight cap. Refrigerate when cool. Serve cold.

Ruth B. Epperson

Canapés

1 package Cream Cheese
1 small grated onion
salt to taste
1 egg yolk

Mix and put on slice of bread that has been toasted on one side. Cook under flame. Cut as desired.

Mrs. J. Malcolm Firth

Canape Mixtures

1. Avocados mashed with lemon juice, salt and onion juice.

2. Canned or fresh lobster chopped with cucumber, hard-boiled eggs, almonds and mayonnaise.

3. Canned devilled-ham mixed with chopped hard-boiled eggs and horseradish.

4. Artichoke hearts marinated in tart French dressing.

5. Shredded tuna fish mixed with lemon juice and mayonnaise.

6. Peanut butter topped with chutney.

7. Large olives stuffed with sharp cheese, wrapped in bacon; broiled.

8. Celery stuffed with cream cheese, mayonnaise and Roquefort cheese, sprinkled with Spice Island paprika.

9. Sliced tomato topped with thin slice of smoked cheese; place under flame and serve hot.

10. Large brick of cream cheese iced with red or black caviar (domestic) seasoned with lemon and onion juice.

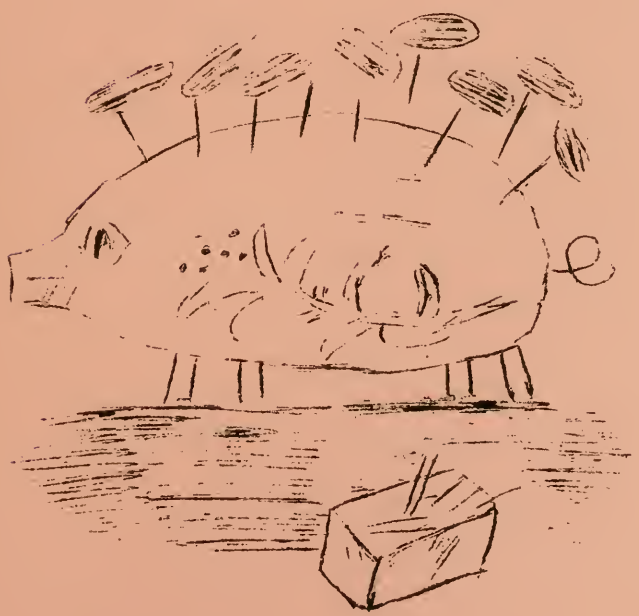
11. Canned minced clams combined with softened cream cheese, seasoned with salt, pepper and curry powder.

Canape Mixtures (cont.)

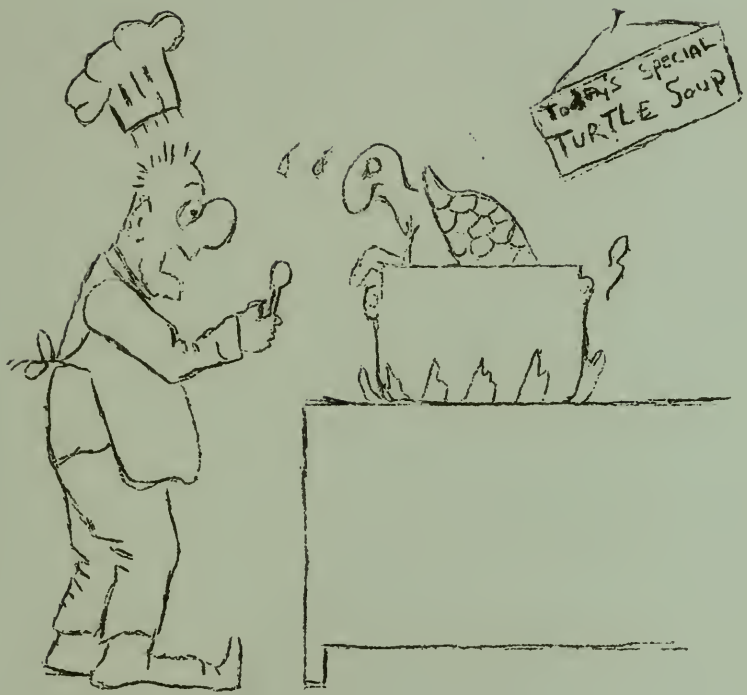
12. Ground Virginia ham, chutney, heavy cream and Parmesan cheese, served hot on melba toast rounds.

13. Cream cheese, half of tin of fillet of anchovy, chives, capers, little Spice Island Beaumonde, ground black pepper.

14. Blend small package of cream cheese and one bouillon cube together. Serve on wheat crackers or melba rounds.



SOUPS



Bean Soup

1-1/2 cups Navy beans
1 large bunch fresh scallions
4 medium ham hocks
4 cups water
1 tbsp. Accent
salt and pepper
dried parsley
grated Parmesan Cheese
garlic croutons

Soak beans overnight in water. Prepare soup stock by simmering ham hocks in 2 cups of salted water for 2 hours. Add beans, salt, Accent. Slow boil for two to three hours until beans are tender. Add scallions (in quarter dices) and a handful of the green tops, cut in 1" lengths. Simmer another half hour. Serve after sprinkling each serving with grated cheese, parsley and garlic croutons.

(The second addition of salt may tend to make the soup saltier than desired. If it is omitted, more salt may be added at the table, if necessary.)

S. J. Montgomery

Corn Soup

Clean and scrape 12 ears of corn. Put cobs on to boil for 15 or 20 minutes. Remove cobs and add scraped corn. Boil until corn is cooked. Melt 1 tbsp. butter and rub in 2 tbsp. flour. Add 2 quarts milk slowly. When thick and smooth, pour over corn and add salt and pepper to taste. At last minute add yolk of one or two eggs, beaten, to add richness to soup.

Mrs. R. F. Trant, Sr.

Clam Chowder

1 quart, or about 3 dozen clams
4" square of salt pork
3 medium size onions
3 to 4 cups diced potatoes
clam juice and water to cover
1 tsp. salt
1/8 tsp. pepper
4 tsp. butter
4 cups milk, heated
crackers

Cook salt pork in large saucepan until crisp on all sides. Add onions and cook three minutes. Add potatoes, salt and pepper, juice and water. Cover and cook 10 minutes. Add clams, milk and butter, and cook until potatoes are tender, about 10 minutes. Arrange crackers in hot soup plates and pour chowder over them.

Mrs. S. J. Montgomery

Split Pea Soup

1 lb. split peas
4 bacon strips
3 onions
2 potatoes (raw)
1 ham bone

Soak peas for several hours. Drain off water and add fresh cold water. Cook, with ham bone, about 1 hour (adding salt and pepper).

Cook bacon light brown and cut into tiny pieces and add. Add onion and potatoes, cut fine. Cook all together for about 2 to 2-1/2 hours. Keep stirring to prevent burning.

Mrs. S. J. Montgomery

Cold Tomato Soup

2 cans Cream of Tomato Soup
1-1/2 cups water

Heat this with 2 tsp. grated lemon peel. Add 1/2 tsp. oregano.

Chill. Add 1 cup sour cream and stir in. Serve cold.

Mrs. William A. Moffett

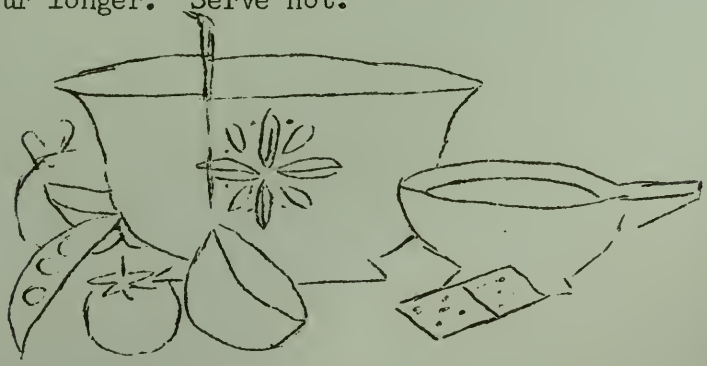
Vitamin Soup

Cover 1-1/2 pounds of stew beef or chuck and 1 soup bone with cold water, in a heavy 3 quart saucepan. Add salt, pepper, and 2 bay leaves, and heat to bubbly stage.

Turn heat low and add 1/2 cup chopped onion, 1 cup each of chopped celery and cabbage, 4 or 5 medium carrots, sliced, and a pinch of oregano.

Simmer at least 2-1/2 hours, or until meat is very tender. Remove bone and bay leaves and cut meat into bite-sized pieces.

Add contents of a No. 2 can Italian-style tomatoes, 1 tbsp. Worcestershire sauce, and 1 beef bouillon cube. Simmer for 1/2 hour longer. Serve hot.



MEAT, POULTRY AND BAKED DISHES

Beef Cutlets

2 lbs. 1" sirloin steak (half frozen)

Slice beef lengthwise to make double portions. Cut steak into 4"x4" squares. Then pound to make almost wafer thin. Set aside.

Scramble 3 or 4 eggs. Set aside.

Mix box bread crumbs and 1 can Romano grated cheese together. Heat up skillet with 1 clove of garlic and salad oil to cover bottom of pan. Take each piece of steak individually and dip in eggs, then dip in bread crumbs and cheese mixture. Saute each side of steak until nicely browned. Drain on brown paper or paper towels. Serves 5 or 6.

Mary Russell

English Beef Roll

6 oz. bread crumbs
1 lb. ground lean beef
1/2 lb. ground ham (knuckle)

Bind with 1 egg, mixed spice, salt and pepper. I add a touch of basil and parsley.

Put in greased bowl, such as used for plum pudding (or a can). Cover well and tie down. (2 layers of brown paper and foil.) Boil 4 hours. Cool. Turn out and serve chilled.

Mrs. Ian P. Goodwin

Roast Beef a la Mode

4 lb. center cut beef rump or eye
unseasoned meat tenderizer

Sauce:

3 tbsp. salad oil
1/2 cup chopped onions
1 clove garlic
1 can tomato sauce (8 oz.)
1/2 tsp. salt
1/2 tsp. dry mustard
1/4 cup catsup
2 tbsp. red wine vinegar
1/4 cup Burgundy
1 tbsp. Worcestershire sauce
1 tsp. chili powder

Heat oven to 325°. Sprinkle meat with tenderizer, following directions on label. Use meat thermometer. Place on rack in shallow pan. Roast about 2 hours until temperature reaches 160°.

Sauce: Heat oil, saute onions and garlic until tender (5 minutes). Add tomato sauce, salt and rest of ingredients, along with 2 tbsp. of water. Mix well. Bring to boil, reduce heat and simmer uncovered 15 minutes. About 45 minutes before meat is done, dunk potatoes in sauce and put in roasting pan. Sprinkle with salt and drizzle 1/4 cup of sauce over them. Brush meat with sauce and brush twice more during last 45 minutes using 1/4 cup each time.

Mrs. A. L. Nicholson

Johnny Mazette (an economical casserole)

2 cups chopped green pepper
1 cup chopped celery
2 cups chopped onion
1 lb. ground beef
1 lb. ground pork
1 cup margarine NOT LARD
2 tsp. salt
1/3 cup chopped stuffed olives
1 can (4 oz.) sliced mushrooms with liquid
1 can (10-1/2 oz.) tomato soup
1 can (8 oz.) tomato sauce
1 can (8 oz.) meatless tomato-mushroom sauce
2 cups grated American cheese (1/2 lb.)
1 lb. broad noodles

In large skillet, saute peppers, celery, onion and ground meat in hot butter. Add salt. Reduce heat; cook 5 minutes. Stir in olives, mushrooms and can liquid, soup and sauces. Cook 5 minutes.

Cook noodles following box directions, drain. Turn noodles into a 14x10x2-1/4" roasting pan. Add sauce and gently stir until well mixed. Sprinkle grated cheese on top. Bake at 350° for 35 minutes. Yields 12 generous portions.

This makes a good dish for church suppers where a very little money makes a tasty and generous meal for many.

Mrs. R. H. Hartley

Beef with Green Peppers

1 lb. lean beef, shredded
4 tbsp. soy sauce
2 tsp. cornstarch
1/8 tsp. pepper
6 medium green peppers, shredded
6 tbsp. vegetable oil
1 tsp. salt
1/4 tsp. monosodium glutamate
1 to 2 tbsp. LaChoy Brown Gravy Sauce (optional)

Mix beef with 2 tbsp. soy sauce, cornstarch and pepper. Seed peppers and cut in julienne strips. Fry in 3 tbsp. oil. Remove. Add remaining 3 tbsp. oil and fry beef until redness disappears. Add peppers, salt, monosodium glutamate and remaining 2 tbsp. soy sauce and Brown Gravy Sauce (Bead Molasses Type LaChoy). Makes 4 to 6 servings. With rice, it's ideal for a quick, delicious dinner.

Mrs. Richard A. Remington

Barbeque Beef

2 lbs. beef
large bottle Ketchup
4 tbsps. mustard
1 onion minced
1 garlic clove, minced

Place in covered pan. Let simmer all day. Serve on hamburger buns.

Mrs. A. Brooke Taylor, Jr.

Horseradish Sauce for Beef

Rub well together, 1 cup fresh horseradish, 2 tbsp. sugar, 1 tsp. salt, 1 salt spoon dry mustard, then add enough rich cream to moisten well, and then add juice of 1 lemon.

Mrs. R. F. Trant, Sr.

Boeuf Stroganoff

1 lb. top round steak or sirloin (cut across the grain in 2" strips)
2 tbsp. cooking oil
1 minced onion
1 garlic clove
1 tsp. salt and fresh ground black pepper
1 small can mushrooms (2 oz.)
1/2 cup sour cream
1 can tomato soup
1 tbsp. Worcestershire sauce
2 drops Tabasco sauce

Saute garlic and remove. Saute onions, mushrooms and meat. Add rest of ingredients except sour cream and cover tightly. Simmer for one hour, or until meat is tender and flavors mingle. Cool slightly and add sour cream.

Serve on rice (4 servings). Complete the meal with crisp French rolls, a tossed green salad, and a bottle of red Burgundy wine.

Mrs. Max M. Baldwin

Meatballs - Italian Style

1-1/2 lbs. chopped beef
1/2 cup bread crumbs
1 clove garlic - chopped fine
1 well beaten egg
salt and pepper to taste

Mix all ingredients above in one bowl. Shape into meatballs and drop into favorite tomato sauce.

Mary Russell

Hamburger Casserole

1 medium onion, chopped
2 tbsp. butter
1 lb. hamburger
1 can green beans
1 can tomato soup
1/4 cup water
1 tsp. onion seasoning
salt to taste

6 medium potatoes
1/4 cup milk
1 egg, beaten
1 tsp. salt
1 tbsp. butter
dash of paprika to be sprinkled on top

Brown onion and meat in butter, add beans, soup, water, seasonings. Pour into a greased baking dish. Cook potatoes, drain and mash; add milk; egg, salt and butter. Mix.. Spread over meat mix. Bake at 370° 30 minutes. Makes 6 servings.

Mrs. Richard A. Remington

Hamburger Pie

1 lb. ground round steak
2 onions
1 green pepper
3 stalks of celery
1 can tomato soup
salt and pepper to taste
3 tbsp. Wesson oil
5 tbsp. catsup
1 tsp. oregano
1 pkg. frozen French snaps

Saute onion, pepper and celery in oil; when brown add meat and seasonings. Cook snap beans 10 minutes. Place meat mixture and beans in greased casserole. Cover with thick layer of mashed potatoes and sprinkle with grated cheese. Cook 30 minutes in 350° oven.

Rice-Hamburger Casserole

2 onions, chopped
4 tbsp. butter
1/2 lb. ground beef
2 tsp. salt
pinch of Oregano
a shake or 2 of pepper
#2 can tomatoes, cut up
1 cup cooked green peas
3 cups cooked rice

Cook onions in butter until clear; add ground beef. Cook until it looses red color, stirring to prevent caking. Season with salt, oregano and pepper. Add cooked rice and lightly mix; add peas and then chopped tomatoes. Pour into greased casserole and sprinkle with grated sharp cheese. Bake in 375° oven for 30 or 35 minutes, or until hot and slightly browned. Serves 4.

Mrs. W. Judson King

Virginia's Casserole

1 lb. egg noodles, cooked and drained
1-1/2 lbs. ground chuck (I use more), saute in butter until brown
2 8 oz. cans tomato sauce
1 cup cottage cheese
1 8 oz. pkg. soft cream cheese
1/2 cup sour cream
1/3 cup chopped scallions or onions (I use more and saute some with meat)
1/4 cup chopped green pepper
2 tbsp. butter

Add sauce to meat and simmer. Mix cheeses, sour cream, scallions and pepper.

Put half of noodles in oiled casserole. Cover with cheese mixture, then rest of noodles. Add 2 tbsp. melted butter and cover with meat. Cook in 375° oven 45 minutes. (I use 3 lbs. meat and more onion and pepper. It makes a large casserole or two medium ones.)

Mrs. Ian P. Goodwin

Beef Casserole

1 small pkg. spaghetti cooked in salted water
1/2 lb. grated sharp cheese
3 small cans mushrooms
1 lb. ground beef browned on top of stove first
2 cans tomato soup
1 can tomato paste

Place in buttered casserole in layers of spaghetti, meat, cheese and mushrooms. Pour over this mixture soup, paste and enough water to cover well. Bake in 350° oven one hour. Serves 6.

Beef Casserole

3 lbs. chuck, cubed

Roll in 1/2 cup flour, 1 tsp. salt, and 1/4 tsp. pepper.

Brown in 1/2 cup margarine with 2 cloves minced garlic. Add:

1 oz. brandy
1 can mushrooms
1 can beef bouillon
4 cloves
1/2 cup Burgundy
15 small onions
pinch thyme
pinch marjoram
2 bay leaves
3 tbsp. chopped parsley
5 carrots, in strips

Bake at 350° in covered casserole for 3 hours.

Mrs. A. L. Nicholson

Barbecued Frankfurters

1 tbsp. butter
1/2 cup chopped onions
1 tsp. paprika
1/2 tsp. pepper
4 tsp. sugar
4 tsp. Worcestershire
1 tsp. mustard
4 drops Tabasco sauce
1/3 cup catsup
3 tbsp. vinegar

Cook onion in butter until clear, do not brown. Add remaining sauce ingredients. Simmer few minutes. Score 6 frankfurters and simmer in sauce about 10 minutes, turning several times. Serves 6, unless you eat more than one.

Mrs. W. Judson King

Chili

1-1/2 lbs. lean ground beef
1 clove garlic
2 tbsp. oil
3 cans Pinto Beans
1 small can tomatoes
2 to 4 tbsp. chili powder
1 tbsp. sugar
1 tsp. salt
1/4 tsp. basil
1/4 tsp. rosemary
1/4 tsp. sage
1/4 tsp. cumin seed or powder

Brown meat and garlic in oil. Add remaining ingredients. Simmer slowly, about 1 hour.

Left over chili may be put in casserole. Add 1 can tamales on top, and cover with grated cheese and chopped onion. Heat in oven for 20 minutes.

Mrs. W. H. Bainbridge

Chili Con Carne

1 lb. (2 cups) red beans or
4 cups canned kidney beans
1 lb. diced lean beef
1-1/2 tbsp. chopped suet
1/2 tsp. salt
1 small onion, chopped
1 tbsp. cooking fat
2 cups tomato juice
3 tbsp. chili powder

Soak beans overnight in cold water. Drain. Cover with boiling water; salt to taste. Saute onion in hot fat. Add meat and cook, stirring often, until juice of meat is cooked off. When frying begins, add chili powder and tomato juice. Stir well, let simmer until meat is tender, adding water to make as much broth as desired. Combine with cooked beans (or canned beans). Heat thoroughly.

Mrs. Robert H. Etheredge

Chinese Beef Tomato (Serves 4)

1 lb. beef (round or sirloin)
4 stalks celery (cut into 1/2" pieces)
2 tomatoes (cubed)
1 round onion (chopped)
4 stalks green onion (cut into 1" pieces)
2 bell peppers (cut into thin strips)
1/3 cup Shoyu Sauce or Soy Sauce
1 piece crushed garlic
1/2 tbsp. ground ginger
3 tbsp. sugar
salt and pepper to taste
1 tbsp. corn starch in 1/4 cup water

1. Cut beef into small pieces and marinate for 1 hour (or longer if desired) in a sauce made up of 1/3 cup Shoyu, 3 tbsp. sugar, 1 piece of garlic, 1/2 tbsp. ginger, salt and pepper.

2. Brown the marinated meat in oil.

3. Slowly add the cut up (1) celery, (2) green and round onions, and (3) bell pepper, in that order. Stir.

4. Immediately push the ingredients to one side of pan and turn heat down to medium.

5. Add the corn starch and water, and, after the mixture has thickened, mix with the other ingredients.

6. Turn off flame. Place cubed tomatoes on top. Do not stir.

7. Add a touch more of Shoyu Sauce and let sit a minute. The secret of this recipe is not to overcook the vegetables as they should retain crispness.

Chinese Beef Tomato (cont.)

8. Serve over rice.

This is a simple oriental recipe to prepare and one that makes a very festive buffet supper during the holiday season with its coloring of the red and green vegetables.

Mrs. Donald H. Spitzli, Jr.

Moore (large quantity, serves 14 to 16)

1 lb. ground chuck
1/2 lb. ground pork
1 onion, chopped
1 #2 can peas
1 #2-1/2 can tomatoes
1 can mushrooms
1 cup pitted ripe olives
1-1/2 cups uncooked rice
1/2 lb. grated cheese
1 can pimiento (chopped)

Fry hamburger, pork and onion until almost done. Add rest of ingredients. Bake in two casseroles in moderate oven, 350°, for 1 hour. Add more liquid if needed.

Mrs. Robert H. Etheredge

Kidney Bean Stew (Good for a Crowd)

1 lb. ground chuck

2 slices bacon, diced
1 medium onion, chopped
1 tall can tomato juice
3 medium potatoes, diced
3 medium carrots, diced
1 can red kidney beans
salt and pepper to taste

In Dutch oven, saute bacon and onions until golden brown. Add ground chuck and brown. Add tomato juice, potatoes and carrots. Simmer until vegetables are tender. Drain beans and add. Continue cooking until beans are heated. Serve with tossed salad and French bread. Serves six. Recipe may be doubled for a large crowd.

Mrs. J. D. Bell

Pressure Cooker Beef Stew (4 to 6 qt. cooker)

1 large onion, sliced
4 medium potatoes, sliced
4 medium carrots, sliced
1/2 lb. snap beans, sliced
2 lbs. pot or chuck roast, cubed
1 can tomato soup
1 can water
1 tbsp. shortening
salt and pepper to taste
1 tbsp. flour and 1/4 cup water, for paste

Heat cooker, add fat and brown meat. Add onion, potatoes, carrots, beans, tomato soup, water, salt and pepper. Cook according to your pressure cooker. When cooked add flour and water paste. Stir lightly. Serves 4.

Suki Yaki

Cut or slice all ingredients "bite size" prior to cooking. The amounts of each item used must be left up to the individual family.

Soy Sauce, oil, sugar, beef; cut wafer thin, against the grain and bite size. Onions; cut in 1/2 and then 1/8" slices. Celery; sliced diagonally, mouth size. *Tomatoes; cut into medium size pieces. Bean sprouts; either canned or fresh (without the water). Mushrooms; either canned or fresh. Bamboo shoots; diced. Bell peppers (green); cubed. Scallions (green baby onions, cut in 1/4" pieces).

Marinate the beef, already sliced, about 2-1/2 to 3 hours in a covered glass bowl, in a sugar (4 tbsp.), soy sauce (1/2 cup) mixture. Don't overdo it now, too much soy sauce tends to make the meat a bit salty. The tops of half the scallions can be used in the marinade to give the meat a pleasant tang.

Combine in a large, heavy skillet, enough oil to cover the bottom of the pan with 7 to 10 spoons of soy sauce, and 3 to 4 heaping spoons of sugar. Mix thoroughly while bringing the ingredients to a very, very slow boil. (Water added a few drops at a time tends to aid the combining process.) When good and hot, add the meat, several slices at a time and thoroughly mix with the sauce. Cover, but stir every few minutes until the meat is 3/4 cooked. Move the meat to one side in the pan, add the celery, then the onions to the sauce, taking care not to inter-mix them.

Suki Yaki (cont.)

Cover again for about 3 to 5 minutes, at which time the celery should be fairly well steamed, but still firm. You can now add items marked after the asterisk on top of the onions and celery. Steam for another 4 to 6 minutes with the pan covered. For the last 90 seconds of cooking, add the remainder of the green onion (scallion) rings.

Serve immediately on to a bed of already prepared white rice or crispy Chinese noodles. White wine or Saki will complement your meal.

Many people use table candle warmers to keep the broth bubbling.

Mike Ander

Duck Burgundy

Clean well. Rub cavity of the bird lightly with salt, pepper and monosodium glutamate.

Stuff with slices of onion, apple and orange, a stalk of celery, and, if desired, a half clove of garlic. Rub breast with soy sauce and salad oil.

Place in baking dish. Roast uncovered in a very hot oven (450° - 500°), basting often with Burgundy wine (about 1/2 cup to a duck). Allow 10 to 15 minutes per pound. Remove stuffing before serving.

Pork Chop Casserole

4 pork chops
2 medium sized onions (cut up)
3/4 cup uncooked rice
1 #2 can tomatoes

Arrange in layers, pork chops on bottom, then rice, then onions. Salt and pepper each layer and pour can of tomatoes over all. Cover and bake in slow oven, 325°, for 1-1/2 hours.

Mrs. David Pender, Jr.

Pork Chops en Casserole - with vegetables

4 pork chops, cut 2" to 3" thick
1/4 cup flour
1 tsp. salt
1/4 tsp. paprika
4 whole carrots
4 whole onions
1/4 cup diced celery
1/2 cup cooked rice
2 cups water

Sprinkle the flour over chops. Place in a buttered baking dish or casserole. Sprinkle with half the salt. Add the carrots and onions. Sprinkle with the rest of salt and paprika. Cover with rice and add celery and water. Cover with lid. Bake in slow oven 1-1/2 hours. Baste frequently. Serve in baking dish.

Veal Parmigiano

3 tbsp. butter or margarine
1/2 cup cornflake crumbs
1/4 cup grated Parmesan cheese
1/2 tsp. salt
dash pepper

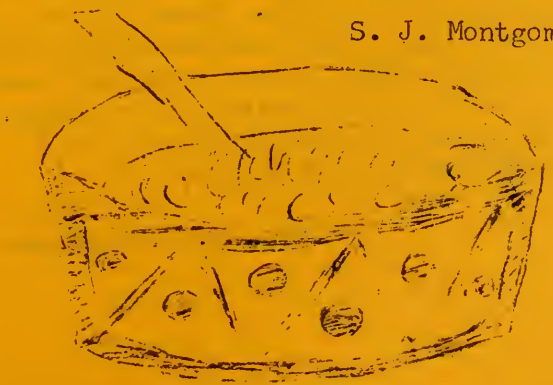
1 lb. veal cutlets, or veal steak, about 1/4" thick
1 slightly beaten egg
1 8 oz. can tomato sauce (1 cup)
1/2 tsp. crushed oregano
1/2 tsp. sugar
dash onion salt
2 thin slices Mozzarella cheese, halved (about 4 oz.)

Melt butter in 10x6x1-1/2" baking dish. Combine cornflake crumbs, Parmesan cheese, salt and pepper. Cut veal in serving pieces. Dip in egg, then in crumb mixture.

Bake in hot oven (400°) 20 minutes. Turn. Continue baking 15 to 20 minutes, or until tender.

Meanwhile, combine tomato sauce, oregano, sugar, and onion salt; heat just to boiling, stirring frequently. Pour sauce over meat. Top with cheese. Return to oven to melt cheese, about 3 minutes. (Serves 4)

S. J. Montgomery



Roasted Wild Goose

Let goose stand in warm room to take off chill. Salt inside of goose lightly. Fill with the following:

1 cup chopped celery
1 cup chopped apples (pared)
1 cup seedless raisins

Truss goose. Cover breast with 2 slices bacon. Pour over goose 2 oz. Sherry. Roast, covered, in a 400° oven for 2 to 3 hours, according to age and size of goose. Baste occasionally. Chilled Kumquat preserves are a nice accompaniment.

Mrs. Carter H. Coupland

Baked Carolina Country Ham

Put a 15 - 20 pound country cured ham in a large container and cover with water. Into water put 1 cup sugar and 1 cup vinegar. Combine 6 peppercorn, 6 allspice berries, 1 pod red pepper and 6 whole cloves in a cloth bag, tied securely. Boil rapidly for 1 hour. Then add 1 additional cup of sugar and 1 cup vinegar. Boil until ham is tender when pierced with fork, about 1-1/2 hours. Remove from water and skin. Place ham in large broiling pan, score with fat side up and cover with 1 quart crushed spiced crab apples. Bake 45 minutes at 350° basting 3 or 4 times with syrup from apples.

Mrs. S. J. Montgomery

Stuffed Corn Ham

Cook and bone corn ham. Fill with crumbled bread and chopped peanuts.

Mrs. R. F. Trant, Sr.

Sauce for Ham

Melt 1 jar of currant jelly. Add 1 jar of French's mustard. Mix well.

Mrs. R. F. Trant, Sr.

Chicken Baked in Sauce

4 to 6 chicken breasts or legs
1 can mushroom soup
1/2 cup milk
1/2 cup sherry
1/2 tsp. salt
1/2 tsp. Season All
dash Italian Seasoning
pepper

Put chicken, skin side down, in baking pan. Mix remaining ingredients and pour over chicken. Bake in 325° oven about 1-1/2 hours, or until very tender, turning once and spooning sauce over chicken. When tender sprinkle with 1 cup grated sharp Cheddar cheese and broil until brown. 4 servings.

Mrs. W. Judson King

Creole Chicken

2 hens

Sauce: 2 garlic buttons
1 onion
2 cans tomatoes
1 tsp. thyme
1 tsp. salt

Mix the sauce ingredients and cook slowly for one hour.

Cut up chickens in individual pieces; dredge in flour and brown in hot fat or oil. Place in sauce pan. Pour sauce over chicken and add:

1 lb. seeded currants
1 lb. blanched almonds

Cook one hour, covered, in medium oven. Serve with rice.

Mrs. W. R. Johnston

Chicken and Dumplings

2 cups sifted flour
1 tsp. salt
1 tsp. baking powder
1 rounded kitchen spoon shortening
water to soften

Roll flat and cut in strips, squares, or any desired shape.

Boil chicken in plenty of water. When well done add 1 egg yolk to thicken stock. Add pastry. Cover. Vent top at boiling point. Simmer for about 20 minutes.

Mrs. R. F. Trant, Sr.

Chicken Divan

1 fowl (about 4 - 5 lbs.) cooked until tender
2 pkgs. frozen or fresh broccoli or asparagus

Cook vegetable and arrange on bottom of large flat casserole. Cover with chicken pieces (do not cut small), top with large slices of breast. Sprinkle with oregano.

Sauce:

2 tbsp. chicken fat
3 tbsp. flour, blended.

Add 1 cup chicken stock, 1 cup scalded milk, 1/2 cup cream. Stir until smooth and thick. Add 1 can mushroom soup and enough good sharp cheese to taste. Add salt, if necessary.

Just before dinner, pour hot sauce over chicken. Put in oven at 350° and cook until heated through and bubbly. Sprinkle top with toasted almond halves.

Mrs. A. L. Nicholson

Chicken Casserole

1 5 lb. chicken (hen)
1 cup flour
2 tsp. salt
1 tsp. pepper
1/4 cup olive oil
1/2 cup chopped onion
1/2 cup chopped celery
2 cups cream or top of milk

Have hen cut up. Roll pieces in blended flour, salt and pepper. Fry in oil until golden brown. Remove to a well buttered casserole. Brown onion and celery - to this add milk and heat thoroughly. Pour over chicken and cover. Bake in slow oven about 2 hours.

Chicken Smitane

1 chicken bouillon cube
2/3 cups boiling water
1 medium onion, minced
2 tbsp. butter
4 chicken breasts split (remove skin)
1/2 cup sour cream
1 small can mushrooms (2 oz.)
1 tsp. salt
1/4 tsp. fresh ground black pepper
1 tsp. paprika
1 tsp. dried dill leaves
2 1" strips lemon peel

Dissolve chicken bouillon cube in boiling water; set aside. Saute onion and remove. Add chicken and slowly brown chicken.

Combine bouillon with onions, mushrooms and seasonings. Pour over chicken, cover tightly and simmer 30 minutes, or until done. Cool slightly, add sour cream. Pour sauce over meat, and serve with wild rice, if you like. (6 to 8 servings)

Good with fresh asparagus, hot French bread and a good dry white wine.

Mrs. Max M. Baldwin

Italian Chicken

1 2-1/2 lb. chicken

Wash and cut chicken into serving pieces. Place in broiler pan, skin side down.

Prepare sauce in small bowl:

Juice of 1 large lemon
1/2 stick melted butter
1 tsp. oregano
1/4 tsp. garlic salt
salt and black pepper to taste

Baste chicken with sauce and brown on both sides under broiler. Continue basting until entire amount of sauce has been used. After chicken has browned sufficiently, cover broiler pan with aluminum foil, turn oven to 325°, and let chicken cook until tender, approximately 30 minutes.

S. J. Montgomery

Hot Chicken Cheese Heroes

2 cups diced cooked chicken
1-1/2 cups diced celery
1/4 cup slivered toasted almonds
1 tbsp. lemon juice
1 tsp. salt
pepper
1/2 cup mayonnaise
4 lge. French rolls
grated American cheese

In medium bowl toss together chicken, celery, almonds, lemon juice, salt, pepper and mayonnaise. Cut top off each roll and scoop out centers. Fill rolls with chicken mixture. Put on cookie pan, cover with Saran or foil and refrigerate until about 30 minutes before serving. Heat oven to 375°. Sprinkle tops of rolls liberally with grated cheese and bake until cheese is nicely browned. (4 servings)

Mrs. W. Judson King

Rice and Curry - for a dozen people

4 cans condensed cream of chicken soup
2 medium onions chopped fine
2 oz. curry powder (more if you like curry)
1/4 cup sweet milk
3 chickens (about 2-1/2 lbs. each)
1 can mushrooms (small can)
4 cups rice (before cooking)

Stew chickens. Remove skin and bones, and cut into bite size. Put broth aside for use on some other occasion. Dissolve curry powder in milk and add to cream of chicken soup. Heat and add can of mushrooms with liquid. Blend and add cut-up chicken. This can be prepared a day ahead.

Cook rice in time to serve hot. Serve with some or all of the following condiments:

Chutney - about a quart (we like Sun brand)
Chopped fried bacon - 3 to 4 pounds
Chopped peanuts or almonds - 2 packages
Grated hard boiled eggs - 6
Chopped raisins (or whole raisins soaked in brandy - 2 or 3 small packs)
Pickle relish - 1 pint
Chopped celery - 4 outside stalks
Chopped pepper - 1 bell - large
Chopped onions - 2 medium
Chopped bananas - 2
Crushed pineapple - medium can
Chopped ripe olives - 1 can
Grated coconut - 1/2 package shredded dry

Most of the condiments can be prepared the day before and refrigerated. Toast almonds and coconut prior to serving. Serve rice

Rice and Curry (cont.)

in center of plate with curry mixture on top. Add any of the above condiments that suit your taste. The whole list - glupped up together - is most tasty.

Mrs. J. Marshall Wood

Turkey Mornay with Broccoli

1 pkg. frozen broccoli, or one bunch, fresh
1/4 cup butter
1/4 cup flour
1 cup turkey broth made by simmering with giblets and necks in water, or canned chicken broth
1/2 cup light cream
1/2 cup sauterne
2 cups cooked turkey, sliced or coarsely diced
salt and pepper
Worcestershire sauce
grated Parmesan Cheese

Cook the broccoli until tender. Drain and arrange in greased casserole. Melt butter and stir in flour. Add turkey stock and cream. Cook, stirring, until blended, and then add wine and seasonings.

Arrange turkey on top of broccoli. Pour in sauce. Sprinkle top lavishly with grated cheese. Bake in a moderately hot oven (400°) for 20 minutes, or until brown and bubbly. Serves 4.

Eastern Shore Chapel Chicken a la King

6 tbsp. chicken fat
7 tbsp. flour
2 cups chicken stock) scalded
1 can canned milk .)
1 cup water
2 tsp. salt
1 stick margarine (save part to simmer mushrooms)
2 cans mushrooms (bits and pieces)
1 can pimientoes
1 quart cut up chicken

Melt fat, add flour, and stir until well blended. Then pour scalded liquid on gradually while stirring constantly. Bring to boiling point. Add salt, margarine, bit by bit, fowl, mushrooms and pimientoes. (Serves 16)

Creamy Scalloped Potatoes - Ham and Mushroom Style

4 cups thinly sliced potatoes
2 tbsp. butter or margarine
1 can Cream of Mushroom Soup
1 soup can of evaporated milk
1-1/2 cups cubed cooked ham
1 tbsp. minced onion
dash of pepper

Place half of potatoes in buttered casserole. Dot with 1 tbsp. butter. Combine remaining ingredients and pour half over potatoes. Repeat. Cover. Bake in 375° oven 45 minutes. Uncover and bake 30 minutes. Serves 6.

Baked Macaroni

Cook 16 oz. elbow macaroni. Drain well.

Combine:

1-1/2 cups grated sharp cheese
1/4 cup green pepper, diced
1/4 cup onion, diced
2 eggs, beaten
1 cup soft bread crumbs
2 cups canned tomatoes
1/2 cup melted butter

Mix and season to taste with salt and pepper.

Bake at 350° for 45 minutes.

Macaroni Ring

1 cup boiled macaroni rings
1 cup cream
1 cup bread crumbs
1/2 cup melted butter
1/2 tsp. onion juice
3 tsp. chopped parsley
1 cup grated American cheese
3 eggs, separated and beaten
dash of salt and pepper

Mix all ingredients. Pour into ring and bake for 1 hour at 350° in shallow pan of water. Remove from oven, place on platter, and fill center with creamed chicken and mushrooms.

Mrs. W. R. Johnston

Noodle Entree

2 packages wide noodles
1 big onion
1 green pepper
1 cup oil
1 can ripe olives
2 cans tomato soup
1 can corn
3 cans mushrooms
grated cheese and Rice Crispies to cover

Cook noodles in salted water and drain.

Mix in large bowl, soup (undiluted), olives, corn and mushrooms, then add noodles. Put into deep dish, cover with grated cheese and Rice Crispies. Bake about 35 minutes in 350° oven. Serves 16.

Spanish Rice

6 tbsp. rice
1 can tomatoes
5 small onions
1/2 lb. sharp cheese
small bottle of stuffed olives
1 tbsp. bacon drippings
1/2 cup water

Mix. Bake 45 minutes in covered dish at 350°. Leave cover off for last 15 minutes.

Mrs. George M. Miller

Boston Baked Beans

1 quart Navy beans
3/4 lbs. salt pork
1 tbsp. molasses
1 tbsp. salt
3 tbsp. sugar
1 cup boiling water

Cover beans with cold water and soak over night. Drain. Cover with fresh water and cook slowly until skins will break. Drain beans.

Scald pork rind. Scrape and put 1/4" slice in pot. Score rind of remaining pork every 1/2", 1" deep.

Put beans in pot with pork on top. Add molasses, salt and sugar to boiling water and pour over beans. Then add boiling water to cover beans.

Cover bean pot and bake slowly 6 to 8 hours. Uncover last hour of cooking.

SEAFOOD AND SEAFOOD CASSEROLES

Crab Bisque

1 can tomato soup
1 can mushroom soup
1 can bouillon
1 soup can light cream or milk
1 cup fresh back fin crab meat
pinch of saffron
5 tbsp. Sherry

Combine ingredients in order, stirring constantly. Heat over low heat until hot but do not boil. Remove from heat and slowly add sherry. This together with a molded fruit salad, hot rolls and finished off with chocolate cake makes a nice ladies' luncheon.

Mrs. Max M. Baldwin

Crab Bisque

3 cans Cream of Tomato Soup
3 cans Cream of Pea Soup
3 cans Cream of Mushroom Soup
Equal amount of milk (use one of the soup cans to measure out the 9 cans of milk)

Cook over slow heat until smooth. Add 2 lbs. of crab meat. Add sherry to taste, and salt, if desired. Serves 12.

Mrs. Carter H. Coupland

Crab Casserole

1 lb. crabmeat (back fin)
1/2 cup mayonnaise
1/4 cup Durkee's Sauce
pepper and salt
1/4 cup Sherry
1/4 tsp. Beau Monde Seasoning

Mix together. Place in greased casserole. Bake 20 minutes in 350° oven. Also good cold as an appetizer.

Mrs. W. H. Bainbridge

Crab Meat Casserole

1 cup cooked crab meat
3 cups thick white sauce
2 cups grated cheese
1 tsp. celery salt
1 green pepper
1 can (4 oz.) mushrooms, sliced
Buttered cracker crumbs

Heat white sauce and cheese in double boiler and stir until smooth. Add celery salt, green pepper, mushrooms and crab meat. Pour into casserole, cover with buttered crumbs and bake in moderate oven (350°) about 30 minutes, or until browned. Serve hot. 6 servings.

Crab Cakes

1 onion
1 egg
1 tsp. prepared mustard
1 tsp. cayenne
1 tsp. Worcestershire
1 cup crab meat
1 tsp. lemon
2 slices bread
parsley
salt and pepper to taste
milk

Beat egg, add onion, seasoning, parsley. Soak bread in milk, wring out and crumble. Add to mixture. Add crab meat.

Dip cakes in corn flake crumbs and fry in corn oil. (If necessary to hold cakes together, 2 eggs may be used.)

Mrs. S. J. Montgomery

Corn and Crab Flakes

Add cooked fresh corn to crab flakes. Saute in butter and serve.

Mrs. R. F. Trant, Sr.

Creamed Baked Crab Meat

1 lb. crab flakes
1 cup fresh bread crumbs (mix with crab)
2 cups cream sauce
1 green pepper
1 large onion
Worcestershire
red pepper
salt and pepper
1/4 tsp. nutmeg

Saute chopped green pepper and onion in butter. Add more butter, flour and milk and make cream sauce and season well with Worcestershire, red pepper, salt, pepper and freshly grated nutmeg. Mix with crab flakes and bread crumbs and put in greased baking dish. Sprinkle bread crumbs and dots of butter on top. Bake about 20 to 30 minutes, until brown, at about 300°.

Mrs. J. Davis Reed

Crab Omelet

4 beaten eggs
1 chopped small onion
1 tsp. salt
1/4 tsp. black pepper
1 pint crab meat

Make into small omelets and fry in butter or oil. Serve between very hot toasted buns.

Mrs. W. R. Johnston

Salmon Casserole - an economical dish

Drain a 7 oz. can of salmon, mash well. Put 25 saltines in a paper bag, crush and roll with rolling pin. Pour crumbs into bowl, mix with 1/3 cup soft butter and 1 tbsp. of chopped onion. In medium size casserole, put small amount of salmon (enough to cover bottom), a layer of crumbs, salmon, more crumbs, and gently pour over top 1 cup whole milk. Bake 20 minutes in 400° oven.

Mrs. R. H. Hartley

Jambalaya

4 tbsp. fat (preferably bacon or ham)
1 large onion (minced)
2 lbs. shrimp, peeled and deveined
3 cups canned tomatoes, with the juice, mashed
2 tbsp. salt, bay leaf, thyme, pepper, and any other seasoning desired
1-1/2 cups rice, well washed

Use iron pot. Fry onion lightly, add shrimp and cook 5 minutes. Add tomatoes and seasoning. Bring to a good boil, add rice. Boil 5 minutes, then cover pot tightly, reducing heat very low. Cook 1 hour. Do not stir. Serves 6. Plumped oysters, bits of cooked chicken or ham may be added to Jambalaya.

Mrs. Fountain B. Craig

Seafood Casserole - Serves 6 to 8 people

1-1/2 lb. lobster, cooked
1/2 lb. scallops, cooked
1/2 lb. shrimp, cooked
1 can Cream of Mushroom soup
1 cup mayonnaise
1 cup chopped celery
1 small minced onion
3 sliced hard cooked eggs
1 cellophane package chopped pecans
juice of 1 lemon
1 package potato chips (crushed)
3 tbsp. sherry
salt and pepper

Mix everything. Stir in eggs carefully. Pour into shallow casserole and top with chips. Bake at 325° for 3/4 to 1 hour.

Mrs. Alden W. Whitney

Shrimp Amandine

2 lbs. raw shrimp
1 tbsp. lemon juice
2 tbsp. butter or oleo
3/4 cup raw regular rice
1/4 cup chopped green pepper
1/4 cup chopped onion
1 tsp. salt
1/8 tsp. pepper
1/8 tsp. mace
1 can condensed tomato soup
1 cup light cream
1/2 cup sherry
1/2 cup blanched, sliced, toasted almonds

Early in the day shell, devein, and simmer shrimp in boiling salted water 5 minutes, drain. Cook rice as package directs. Drain.

In hot butter saute green pepper and onion until done but not brown. Add seasonings, soup, sherry, cream, and turn into 1-1/2 quart casserole. Refrigerate casserole, rice and shrimp.

About an hour and a half before serving start heating oven to 350°. Into casserole mixture toss rice, shrimp (split them if they are very large) and almonds. Sprinkle with paprika, and bake 40 to 50 minutes.

6 to 8 servings.

Mrs. W. Judson King

Shrimp and Crab Meat Casserole

1 lb. crab meat
1 lb. cooked shrimp
1 can condensed mushroom soup
buttered toasted bread crumbs
1/2 tsp. salt
2 tsp. catsup
1 tbsp. Worcestershire Sauce
pinch Cayenne pepper

Alternate shrimp and crab meat in buttered casserole. To one can of condensed mushroom soup add seasoning and pour over all. Top with buttered bread crumbs and bake 30 minutes in moderate oven. Serves 10.

Shrimp * Ha-Ha

2 lbs. uncooked shrimp
1 medium cucumber
4 oz. can pimientos
1/4 cup catsup
1 cup milk
1-1/2 tbsp. corn starch
1/2 cup milk

Pare cucumber, cut lengthwise into 16 strips, remove seeds, then cut crosswise into quarters. Drain pimiento, cut into strips. Saute shrimp in 1/4 cup butter, 3 minutes. Stir in 1/4 cup catsup, 1 cup milk. Blend 1-1/2 tbsp. corn starch in another 1/2 cup milk, stir into shrimp mixture. Cook, stirring until mixture reaches a boil, stir in 2 tbsp. sherry. Serve over rice. Serves 4.

Gladys Davenport

Shrimp Jambalaya

3 slices bacon
2/3 cup diced celery
1/2 cup chopped onion
1/2 cup chopped green pepper
11 oz. can cream of tomato soup, undiluted
1 tbsp. tomato catsup
1 tbsp. Worcestershire
1/2 cup water
2 cups fresh or canned shrimp
salt to taste
4 cups hot cooked rice

Cut bacon in short lengths with scissors, then saute until done. Add celery, onion, and pepper and cook until vegetables are soft. Add soup, catsup, Worcestershire, and water. Simmer 10 minutes. Add shrimp and continue simmering 20 minutes. Season with salt. Serve with steamed rice. Serves 4

Sole Paprika - Serves 4

1-1/2 lbs. fillet of sole
onion slices, paper thin
1 tbsp. flour
1 cup thick sour cream
1/3 cup Sauterne or other white table wine
1/2 tsp. paprika
salt and pepper to taste

Arrange fillets in greased shallow baking dish. Cover with onion slices. Over all pour mixture of sour cream, wine, flour and seasonings. Bake in moderately hot oven (375°) about 25 minutes, or until fish is tender. (Any fillet of fish may be used.)

Tuna Casserole

1 can Cream of Mushroom Soup
1/2 cup milk
1 7 oz. (1 cup) tuna, drained and coarsely flaked
1-1/4 cups crushed potato chips
1 cup cooked green peas, drained

Empty soup into small casserole, add milk and mix thoroughly. Add tuna, 1 cup potato chips, and peas, to soup. Stir well. Sprinkle top with remaining potato chips (1/4 cup). Bake in moderate oven (350°) for 20 minutes. Serves 4.

Quick-Type Cooking for the Cook who reads between the lines:

Take 1 package of frozen Chow Mein (Chung King) with shrimp or chicken. Prepare according to directions. Add extra celery (3 ribs), 1 large onion, 1 cup of fresh shrimp (or 1 can of shrimp, or 2 cups of diced chicken), extra tablespoon of butter, 3 dashes of soy sauce, 1/4 cup white wine.

Serve over rice with Chinese noodles and slivered almonds.

Mrs. R. W. Jones, III

BREADS, BISCUITS AND ROLLS

Apple Nut Bread

1/3 cup shortening
1 cup sugar
2 eggs
2 tbsp. sour milk
1 cup chopped raw apples
1/2 tsp. butter extract
2 cups flour
1/2 tsp. salt
1 tsp. soda
1 tsp. baking powder
1 cup chopped pecans
1 tsp. vanilla

Cream shortening. Add sugar gradually, cream well. Add eggs one at a time, beat in well. Add sour milk and butter extract (if used) and vanilla extract, then apples.

Sift flour, measure and resift with salt, soda and baking powder. Add to first mixture. Add pecans. Pour into well greased and floured loaf pan (4" x 8") and bake for 1 hour at 375°. Makes one loaf.

Mrs. W. H. Bainbridge

Applesauce Nut Bread

Beat 1 egg, add 1 cup thick applesauce and 2 tbsp. melted shortening. Sift together and add 2 cups sifted flour, 1 cup sugar, 1 tsp. salt, 1/2 tsp. soda, 1/2 tsp. cinnamon. Add 1 cup coarsely chopped nuts. Stir until just blended. Use an 8" x 4" x 4" pan and bake 1 hour at 350°.

This is a moist bread that keeps well.

Mrs. Richard A. Remington

Spoon Bread (for 6 adults)

Boil 1 pint water. Stir in 1 cup yellow meal and 1 tsp. salt. Use electric mixer and stir one minute on heat. Remove from heat and add 2 tbsp. butter.

Beat and add, very gradually, 4 egg yolks. Add 1 cup cold milk. Fold in egg whites.

Pour in buttered casserole. Bake 1/2 hour at 375°. This really puffs up and requires a large casserole.

Jean Reid

Spoon Bread with Grits

To: 1 cup cooked grits, add
1/2 tsp. baking powder
1/4 tsp. salt
1/2 tbsp. sugar
1-1/2 tbsp. flour

Blend all together, then add 1 cup milk (may be 1/2 cup evaporated and 1/2 cup water) and 2 egg yolks.

Beat the 2 egg whites to froth and fold into mixture.

Pour into casserole in which 1/2 stick margarine has been melted. Bake until done and brown on top (about 30 minutes in 325° oven).

Alice M. Smith

Spoon Bread (Also called Batter Bread)

Heat oven to 475°. Have a kettle of boiling water ready. Place a 3 quart casserole in oven and put into it 1/2 stick of butter. Let butter melt but do not burn.

Into large bowl of a mixmaster (can be beaten by hand) put 1 cup of white corn meal, 2 tsps. salt and 1/3 cup sugar. Pour over this 1-1/2 cups boiling water. Beat until mixture thickens. Add 4 eggs, one at a time, beat well after each is added; add 1 cup milk. Pour this thin mixture into the heated casserole, over the melted butter. Bake for 20 minutes at 475°. Reduce heat to 350° and continue to cook until well browned, about 45 minutes in all. SERVE HOT FROM CASSEROLE. This may be reheated, if it is left over. It also may be cooked in a flat pan and cut into squares or baked in individual casseroles or custard cups (fill 2/3 full).

Louisa Venable Kyle

Spoon Corn Bread

2 cups water
1 tbsp. shortening
1 cup white corn meal
1 tsp. salt
1 cup milk
2 eggs

Mix the water and corn meal and bring slowly to the boiling point. Cook 5 minutes. Add the milk, shortening, salt and well beaten eggs. Beat thoroughly and bake in a well greased pan for 25 minutes at 400°. Serve from the same dish.

Miss Florence Miller

Spoon Bread

2 cups of milk, with butter size of egg, brought to boil.

Pour this over 1/2 cup corn meal mixed with 1 tsp. salt.

2 eggs (not separated) beaten and added to mixture.

Put in greased baking dish and bake in pre-heated oven at 400° for about 30 minutes.

Mrs. Braden Vandeventer

My Mother's Batter Bread

1-1/2 cups water ground corn meal
1 tsp. (heaping) salt
1/3 tsp. soda
1 tbsp. (heaping) shortening
2 eggs, beaten slightly
1 tsp. baking powder

Mix meal, salt and soda. Stir in. Add 1 pint hot water. Melt shortening and add. Stir in. Add egg. Add one pint buttermilk. Stir in. Add baking powder last.

Pour into #7 (about 9" across top, 2" deep) iron frying pan. Bake in 400° oven until set (about 15 minutes). Step oven heat up to 450° and bake until done (about 15 minutes more).

Mrs. J. Marshall Wood

Spoon Bread

1/2 cup corn meal
1/2 cup boiling water
1/2 stick margarine or butter (melted)
1 cup milk
1 tsp. baking powder
1/2 tsp. salt
1 tbsp. sugar
2 eggs (separated)

Scald meal with boiling water. When cool add beaten yolks. Add salt, sugar, baking powder sifted with tablespoon of flour. Add melted butter and egg whites, beaten not too stiff. Bake for 1/2 hour at 350° or until firm. (Melt butter in pan in which spoon bread is to be cooked.) Serves 4 or 5. Very nice to be served with Brookfield sausage and a green vegetable salad.

Mrs. J. C. Hutcheson

Spoon Bread Souffle

1-1/2 cups milk
1 tsp. salt
3 tbsp. cornmeal
1/2 lb. grated cheese
3 egg yolks
3 egg whites

Scald milk in top of double boiler. Add salt and cornmeal. Cook and stir until thick. Remove from heat, add cheese and stir until melted. Add slowly to well beaten egg whites. Pour into greased 2 qt. casserole. Bake at 425° until firm (20 minutes).

This is good for Sunday brunch, with crisp bacon and fried apples. Serves 4.

Mrs. Max M. Baldwin

Spoon Bread (Easy and Unusual)

2 cups milk
1/2 cup corn meal

Scald milk, then stir in the meal with a fork until it bubbles (or just boils). Remove from heat and add 2 well beaten eggs, 2 tbsp. butter and salt to taste. Pour in greased casserole and bake in 425° oven.

Alice M. Smith

Quick Corn Bread

Sift together: 1 cup sifted flour
1/4 cup sugar
4 tsp. baking powder
3/4 tsp. salt

Stir in 1 cup yellow or white corn meal. Add 2 eggs, 1 cup milk, 1/4 cup soft shortening.

Beat with electric mixer for about 1 minute at low speed. Do not over beat. Bake in greased 9" x 9" x 2" pan for 20 to 25 minutes in hot oven (425°). Top with cooked, crumbled bacon before baking, if desired.

Mrs. L. L. Underwood

My Own Biscuit Mix

9 cups flour
1-1/2 cups shortening
1 tbsp. salt
1/4 cup baking powder

Keep in covered container and use as needed.

Mary Champe Burroughs

Atlanta Cornbread (Sticks or Muffins)

2 eggs
2-1/2 cups sifted corn meal
2 cups buttermilk
3 tbsp. melted shortening
2 tsp. salt
1 tsp. sugar
1 tsp. soda
3 tsp. baking powder

Beat eggs until light. Add milk, shortening, salt, sugar and meal. Beat until smooth.

Grease and heat pans. Sift in the baking powder and add the soda after it has been dissolved in a small spoonful of water. Stir well and pour into pans. Bake in good hot oven until brown and crusty, about 15 or 20 minutes.

Alice M. Smith

Loaf Bread

1 pkg. dry yeast dissolved in 1/4 cup warm water
2 cups scalded milk
1/2 cup sugar
2 tsp. salt
6-1/2 to 6-3/4 cups flour

Add gradually to liquid and let rise. When double in size cut in half and knead, then cut each half in two and knead well. Makes two loaves. Let rise and bake at 400°.

Mrs. Charles Field, III

Biscuits

1 cup flour
1 tsp. (heaping) baking powder
1/2 tsp. salt
1/3 tsp. soda
1 tbsp. lard (heaping)
1/2 cup buttermilk

Cut shortening into dry ingredients. Add milk all at once and stir lightly. Knead a little and roll out 1/4" thick. Bake 10 minutes in 450° oven. Makes 10 biscuits.

Jean Reid

Cheese Biscuits (Delicious!)

1 lb. cheese (Cheddar)
1 lb. flour
1 lb. butter
1/8 tsp. salt
1 egg
pecan halves

Grind cheese, mix with butter, flour and salt. Roll out 1/4" thick. Cut with small cutter, put on greased baking sheet. Paint tops of biscuits with well beaten egg. Put half pecan on top of each biscuit and bake in 350° oven for 20 minutes.

Mrs. D. H. Crosby

Grandmother's Onion Biscuit Squares

2 cups flour
4 tsp. baking powder
1/2 tsp. salt
6 tbsp. shortening
1/2 to 2/3 cup milk
2 tbsp. butter
2-1/4 cups onion slices
pinch of salt
1 egg
1/2 cup sour cream

Mix first 5 ingredients as for any biscuits. Put in greased 9" square pan. Flatten to 1/4" thickness.

Melt butter. Add onion slices and salt, and cook until delicate brown. Cool and spread over dough. (I always do this ahead of time.) Beat egg, add sour cream, blend well and drizzle over onions. Bake in hot oven (350°) for 20 minutes.

Mrs. A. L. Nicholson

Quick Biscuits

3 cups self-rising flour
1/3 cup salad oil
1-1/2 cups milk

Mix salad oil and milk. Pour liquid into flour and mix well. Roll out on floured board to 1/2" thickness. Cut with biscuit cutter. (Makes 15 to 20 biscuits.) Put biscuits in buttered pan and bake in pre-heated oven at 400° for 12 to 15 minutes.

Mary Russell

Hot Rolls

1/2 cup sugar
1 tbsp. salt
2 cups scalded milk
2 cakes yeast
1/4 cup lukewarm water
7 - 8 cups flour
1/2 cup melted butter
3 eggs, beaten

Dissolve sugar and salt in hot milk. Cool until lukewarm. Soften yeast in water and add to milk. Stir in 4 cups of flour, then add melted butter and eggs. Beat until smooth. Stir in remaining flour. The dough should be fairly soft. Place in greased bowl. Grease top of dough. Cover with wax paper and place in refrigerator, if you want to keep it until the next day.

Otherwise, wait until it has doubled in size. Punch down and form into rolls by dividing it into four parts. Roll each part out into a circle 1/4" thick and 10" in diameter. Brush with melted butter and cut into 12 wedges (as you would cut a pie). Starting at the wide end, roll each wedge toward the point. Place on greased baking sheet, cover, and allow to rise until double. Bake in 400° oven for about 15 minutes. If desired, these can be cooked until done, but not browned, then kept in freezer until needed, then browned.

Mrs. L. L. Underwood

Potato "Rusks" or Rolls

These came from my New England Great-Grandmother Prescott, and have been shared with friends from Mexico to Baghdad, Iraq!

2/3 cup sugar
2/3 cup shortening (lard or butter was the original)
1-1/2 tsp. salt
2 eggs
1 cup warm mashed potatoes
1-1/2 cups warm potato water
1 yeast cake (2 if in a hurry)
7-1/2 cups flour

Cream sugar and shortening. Add eggs and beat well. Add warm mashed potatoes with yeast dissolved in 1/2 cup of warm water, and 1 cup flour. Beat well, then add rest of flour, salt, and warm water.

Knead well in large bowl, then set to rise (in bowl) until very light or double in bulk.

Knead lightly and roll out on lightly floured board. Cut with biscuit cutter for turnover rolls, or can be made in any desired shapes-crescents, braids, etc.. Let rise again until very light, then bake in 425° oven until nicely browned.

These make wonderful pecan buns by rolling out in rectangle. Spread with butter, sprinkle thick with brown sugar. Add pecan nut meats. Roll into long roll and cut small pinwheels, and place in well buttered muffin pans in which brown sugar (about 1 tbsp.) and more nut meats have been added. Sprinkle with cinnamon. Let rise and bake 15 to 20 minutes. Turn out while warm so the syrup and nuts will cover the muffin.

Mrs. George Boush

Rolls

Scald 1 cup of milk to which has been added:

1/3 cup shortening
4 tbsp. sugar
1 tsp. salt
1 cake of yeast or 1 package dry yeast dissolved in 1/2 cup warm water.

Cool milk and add the dissolved yeast. Sift 2 cups of flour in large bowl. Add liquid then stir in two eggs. Gradually 4 more cups of flour and knead. Let rise to double in size. Place in refrigerator and when thoroughly chilled, make out in rolls.

Mrs. Charles Field, III

Butter Rolls

Dissolve 1 yeast cake in 1 cup lukewarm milk. Add to 2 lightly beaten eggs.

Sift together 4 cups flour, 1/2 cup sugar, 1 tsp. salt. Work 1/2 lb. softened margarine into this. Stir in yeast mixture. Mix thoroughly. (Very sticky dough.) Let rise in refrigerator overnight. Make into rolls. Let rise 1 hour. Bake in 350° oven for 12 minutes (approximately).

Mrs. J. Davis Reed

Pancakes (Sonia Carlson's receipt from England)

To 1 slightly beaten egg, add 3/4 cup evaporated milk, 1 cup sifted flour, 1 tsp. sugar, 1/4 tsp. salt, 3 tbsp. baking powder. Keeps well overnight in refrigerator.

M. Bass

Popovers

2 eggs
1 cup milk
1 cup flour
1/2 tsp. salt

Break eggs in bowl, add milk, flour and salt. Mix well with spoon. Fill greased muffin tins 3/4 full. Put in oven at 450°. Turn on. Bake 30 minutes. Do not open oven until done.

Helen Firth

Buckwheat Pancakes

Make a batter of 2 cups Buckwheat flour and water, 1 tsp. salt, 1 tbsp. sugar, 1 cake yeast, dissolved.

Make in evening and keep in cool place. Next morning add 1/2 tsp. soda dissolved in 1/4 cup water. If too thick to pour add more water or milk. Milk will make them brown nicely. Add 2 tbsp. molasses, if desired. Save 1 cup batter for a starter for next batch.

(Note: Buckwheat Flour is available at Seaside Market, Virginia Beach.)

M. Bass

Grandma Whitford's Pancakes

This receipt may be at least 100 years old.

1/2 cup molasses
1 cup sweet milk
1 cup sour milk
1 egg
1 cup sugar
1 tsp. salt
1 good tsp. soda
1/4 tsp. cinnamon
1 cup flour
1 cup Johnnycake meal
1 cup rye flour

Put dry ingredients through sieve, add gradually to other ingredients. If this doesn't seem firm enough, add a little of each flour and meal. Should be about the same as doughnut mixture. Drop from dessert spoon into deep hot fat.

Looks like clam cakes. Just yum-yum with butter added when eaten.

Laura Remington

Stale Bread Pancakes

1 cup bread, broken into pieces
1 cup milk
1/4 cup flour.
1/2 tsp. salt
3 tsps. slow type baking powder
1 egg
2 tbsp. melted butter

Soak bread and milk overnight in refrigerator. The next morning beat with an egg beater, add well beaten egg, flour, salt, baking powder, and melted butter. Cook on a griddle that has been greased.

Louisa Venable Kyle

Waffles

2 eggs
2 cups milk
2 cups sifted flour
1/2 tsp. salt
1/4 cup fine corn meal
4 tsp. baking powder
6 tbsp. melted shortening

Beat egg yolks well, add milk, flour, corn meal, baking powder, salt and shortening. Fold in the 2 egg whites after beating them until stiff.

Alice M. Smith

Buttermilk Waffles

1-1/2 cups buttermilk
1 egg
1 cup flour
1 tsp. baking powder
1/2 tsp. soda
1 tsp. sugar
1/2 tsp. salt
1/4 cup cooking oil

Take 1 cup of the buttermilk and add egg. Beat and add dry ingredients. Let stand a few minutes, then add the other half cup of buttermilk and the cooking oil.

Mary Champe Burroughs

VEGETABLES AND VEGETABLE CASSEROLES

Baked Fresh Asparagus

Put 3 tbsp. butter in 8" x 8" baking dish. Line bottom with 1 pound uncooked asparagus. Top with 2 tbsp. each of diced onion, celery, Parmesan and bread crumbs. Cover with 2 sliced tomatoes, 1/4 tsp. each of salt, pepper, oregano and pinch of thyme. Cover tightly with foil. Bake 375° for 3/4 hour. Serves 3 to 4.

Anne B. Brydges

Green Beans--Peasant Style

1-1/2	lbs. green beans
1/2	cup diced bacon
2	tbsp. butter
2	finely chopped onions
4	peeled, seeded, chopped tomatoes
1/2	cup hot water
2	potatoes (diced)

Wash and cut green beans in pieces. Parboil bacon for 3 minutes and drain well. Brown bacon lightly in butter and remove and reserve it. In remaining fat, cook onions slowly until soft and lightly browned. Add tomatoes, salt and pepper, beans, bacon and water. Cover pan and simmer slowly for about 1/2 hour or until beans are tender. Water should be almost evaporated, but do not let pan get too dry. Meanwhile, cook potatoes slowly in more butter until tender and golden brown. Add to beans at the last minute. Serves 6.

Mrs. L. L. Underwood

Broccoli with Shrimp Soup

2 pkgs. frozen chopped broccoli (or fresh)
1 can frozen shrimp soup (thawed)
3/4 cup light cream or milk
1 tsp. butter, salt, pepper, paprika, sharp cheese

Place drained broccoli in buttered shallow casserole. Add cream to soup. Warm slightly and blend. Add butter, seasonings, and sprinkle paprika over top. Cover with cheese and bake 30 minutes in 350° oven.

You can use mushroom soup with canned shrimp. Fresh shrimp is best. This makes a good luncheon dish.

Mrs. Ian P. Goodwin

Spinach Au Gratin Casserole

2 lbs. fresh spinach
4 tbsp. butter
2 tbsp. flour
1-1/2 cups sharp cheese (grated)
4 hard boiled eggs (chopped)

Wash spinach thoroughly, cook without adding additional water. Cover and cook 7 minutes. Drain well. Mix 2 tbsp. butter and the flour and add spinach, season well with salt and cayenne, add the other butter melted, chopped eggs and 1 cup grated cheese. Mix well. Put into buttered casserole and cover with 1/2 cup grated cheese. Brown in 350° oven for 25 minutes. Serves six.

Scalloped Corn

1 small green pepper, cut in strips
1/2 onion minced
2 tbsp. melted butter
2 tbsp. flour
1/2 tsp. salt
1/4 tsp. paprika
1/4 tsp. mustard
dash of cayenne
1 cup milk
1 egg slightly beaten
1 can Niblet corn
1 cup bread crumbs (soft)
1/2 cup melted butter

Saute pepper and onion in butter until soft. Add flour and seasonings. Mix well. Gradually add milk, stirring constantly until thick and smooth. Add egg; cook for 2 minutes longer. Turn into greased baking dish (6 x 10 x 2). Mix bread and butter. Sprinkle over top. Bake at 400° for 20 to 25 minutes.

Mrs. A. L. Nicholson

Snap Bean Casserole

Grease casserole with margarine. Add 2 cans of string beans that have been washed in strainer. Salt and pepper. Add 2 cans of mushroom soup. Sprinkle 1 can french fried onions on top and place in medium oven 30 minutes.

Mrs. Brooke Taylor

Harmony Salad

This is not a salad but a vegetable-rice dish which is delicious.

6 large green peppers
3 large onions
4 ripe tomatoes (can use canned)
salt and pepper

Slice all into a large frying pan. Add 1 cup boiling water and cook 5 minutes. Add 1 tbsp. of curry powder in one cup of boiling water and good size piece of butter. Cook until peppers are soft. Add 1/2 lb. grated sharp cheese and cook until cheese is melted, about 3 minutes.

Boil 1 cup of rice and heap in center of large platter and arrange "salad" around it, or mold rice in ring and put "salad" mixture in center. Serves about 8.

Mrs. J. Davis Reed

Glace' Tomatoes

1 large can tomatoes
12 Uneeda biscuits crumbled
1/2 stick butter or oleo
1 cup brown sugar
1/2 tsp. salt
dash of red pepper
1/4 to 1/2 tsp. cinnamon

Cook on top of the stove on low heat for 2 to 3 hours stirring often. Serves 4 to 6.

Mrs. Peter A. Agelasto, Jr.

Deviled Eggs and Asparagus

2 lbs. frozen asparagus cut in one inch lengths
10 eggs
2 small cans deviled ham
1/2 tsp. grated onion
dash of pepper
3/4 tsp. dry mustard
1 tsp. cream
1/2 tsp. salt

Hard boil eggs, remove yolks. Blend yolks, ham and seasoning. Fill egg white.

Sauce: 6 tbsp. butter, 6 tbsp. flour. Mix well. Gradually add 3 cups milk and constantly stir until mixture thickens. Add 3 cups grated cheese (Cheddar), 1/2 tsp. dry mustard, 1-1/2 tsp. salt and dash of pepper. Stir until cheese melts. Place asparagus in shallow casserole, arrange eggs on top, pour over it sauce and sprinkle with 1 cup crushed corn flakes and 2 tbsp. melted butter. Bake in oven 400° for 20 minutes.

Fried Cucumbers

Cut cucumbers 1/4 inch thick. Dip in batter and fry. Cucumbers are also good boiled in salt water, drained, and covered with Hollandaise Sauce.

Mrs. R. F. Trant, Sr.

Zucchini

1 lb. zucchini
1 clove garlic
1 tbsp. butter or olive oil
1/2 cup tomato sauce
salt and pepper

Wash and slice zucchini. Combine all ingredients in sauce pan. Cover and cook over very low heat until tender.

Mrs. J. D. Bell

Eggplant

1 large eggplant
1 clove garlic
1 cup grated cheddar cheese
1 can tomato sauce
salt and pepper

Slice eggplant into 1/4 inch pieces. Place in greased casserole, alternating layers of cheese and eggplant. Combine crushed garlic, salt, pepper and tomato sauce. Pour over casserole. Bake at 325° for 25 minutes or until tender.

Mrs. J. D. Bell

Fresh Corn Pudding

Grate 1 dozen ears of corn, add 1 cup rich cream, salt and pepper, 1 tbsp. sugar and 3 eggs beaten separately. Put in baking dish, add 2 tbsp. melted butter. Cook 30 minutes in moderate oven.

Mrs. R. F. Trant, Sr.

Broiled Tomatoes

Cut tomatoes in half, put thin slice of onion on top of buttered tomatoes. Cook slowly in oven while preparing something else at the same time.

Mrs. J. C. Hutcheson

Turnip Cups

Scoop out centers of large turnips. Boil in salted water until tender. Drain and fill center with peas and carrots.

Mrs. R. F. Trant, Sr.

Sweet Potato Puff

Take 1-1/2 pounds sweet potatoes (3 to 5). Boil until tender, skin and mash. Add 1/4 pound of butter or margarine, 3 eggs, 1/4 cup milk, 1-1/2 cups sugar (syrup, if necessary), flavor with pinch of nutmeg, allspice, cinnamon and cloves, and 1/2 cup shredded coconut (if available). Mix all together, place in casserole. Bake 15 minutes in medium oven. Serves 6 to 8. Use as main dish to serve with pork.

Mrs. Howard Eager

SALADS
AND
SALAD DRESSINGS

Amanda Price's Bean Salad

3 cans kidney beans, drained
1 small bunch celery
3 hard boiled eggs
1 small jar pickle chips
1 pint mayonnaise
1 tbsp. grated onion
2 tbsp. grated green pepper

Chop celery and hard boiled eggs and mix. Serve on salad greens.

Salad Dressing for Bean Salad

1 cup commercial sour cream
2 tbsp. fresh lemon juice
1 tbsp. white sugar
1 tsp. white pepper
1/8 tsp. cayenne pepper
1 tsp. onion juice

Combine, adding white pepper last, and beat with rotary beater until mixture holds its shape.

Dressing may be used with any kind of salad, cole slaw, vegetable, fruit. There is enough onion to give a real piquant taste to fruit salad.

Mrs. J. Marshall Wood

Corn and Tomato Salad

Skin whole tomatoes. Scoop out center and fill with cooked fresh corn mixed with mayonnaise. Chill.

Mrs. R. F. Trant, Sr.

Almond Salad

1 tbsp. gelatin (plain)
1 tbsp. lemon juice
2 tsp. vinegar
1/8 tsp. salt
1/4 cup sugar
1/4 cup cold water
1/2 cup chopped celery
1/2 cup chopped almonds
1/2 cup chopped stuffed olives
1 cup hot water

Pour cold water in bowl and sprinkle gelatin on top. Add sugar, salt and hot water. Stir until dissolved. Add vinegar, lemon juice. Stir thoroughly. Cool, and when mixture begins to thicken, add remaining ingredients. Pour into mold and chill.

Mrs. W. R. Johnston

Avocado Salad

2 boxes lemon jello
2 cups boiling water
4 tsps. lemon juice
1 cup whipped cream
2 cups mashed Avocado pulp (3 pears)
1 tsp. salt
1 cup mayonnaise
dash of pepper

Dissolve jello in boiling water. Add salt and pepper. Cool. Add lemon juice. When ready to congeal, fold in mayonnaise, cream, avocado pulp. Turn into wet mold and place in refrigerator. Serves 16.

Mrs. W. R. Johnston

Carran Salad

Take 1 large can (#2-1/2; 1 lb. 14 oz.) fruit cocktail and drain well. Put in large bowl. Peel and slice 2 medium bananas, 1 cup pecan bits, and 1 peeled, diced apple. Use 1 whole can aerosol whipped cream and fold in well. Garnish with unpeeled apple sections and place individual servings on lettuce leaves. (Six generous servings.) This is an original recipe.

Mrs. R. H. Hartley

Raw Cranberry Salad

1 pkg. Knox gelatin
1 pkg. Lemon Jello
1 pt. boiling water
1 cup cold water
1 lb. cranberries
1-1/4 cups sugar
2 large apples
4 oranges
rind of 1 orange
juice of 1 lemon
pinch of salt

Soak Knox gelatin in cold water. Pour pint of boiling water over lemon jello. Run through food chopper--cranberries, unpeeled apples with rind of orange. Add sugar to fruit mixture. Add jello and gelatin when it has begun to set. Pour into individual molds, jell and serve with mayonnaise on lettuce.

Ruth B. Epperson

Cucumber and Cheese Aspic

1 pkg. lime jello, dissolved in
1 cup boiling water
1 cup finely minced cucumber
1 cup mayonnaise
1 pinch salt
1 tbsp. chopped onion
1 cup cottage cheese
1/4 cup almonds (optional)

Mix all together well. Put into mold or large casserole and let jell in icebox. A very cool and refreshing salad for those hot days.

Mrs. David Pender, Jr.

Salad Star

A salad in Christmas red and green.

1 #2 can julienne style beets
2 3-oz. pkgs. lemon flavored gelatin
1-1/2 tbsp. vinegar
1 tsp. salt
1-1/2 tbsp. grated onion
1/4 cup stuffed olives, sliced
2 tbsp. horseradish
1-1/2 cups chopped celery

Drain beets, add water to beet juice to make 1-1/2 cups. Heat liquid to boiling and dissolve gelatin. Add vinegar and salt. Chill until partially set. Stir in beets and remaining ingredients and pour into 1-1/2 quart star mold. Chill until firm. Unmold on crisp lettuce. Serves 8 to 10.

Mrs. James R. Land

Pineapple-Cream Cheese Salad

1 pkg. lime jello
1 3-oz. pkg. cream cheese
1 small can crushed pineapple
1/2 cup chopped black walnuts or pecans

Prepare jello according to directions on package. Soften cheese, add pineapple and nuts, and mix well. When jello begins to thicken combine the two mixtures and put in greased molds. (Use oil or mayonnaise for greasing molds.) Serve on bed of lettuce, garnished with stuffed olives.

Mrs. D. H. Crosby

Peas and Noodles with Mushrooms

Quick type cooking for the cook who reads between the lines.

Cook thin noodles or spaghetti according to directions on package, using amount desired. Set aside.

Meanwhile, fry 4 to 6 slices of bacon until crisp. Crumble after it has been drained. Add 1 onion, diced. Cook 10 minutes. Add 1 to 1-1/2 cups sliced fresh or canned mushrooms. Cook 5 more minutes. Stir in 1 tbsp. parsley. Add liquid drained from 1 #303 can peas (LeSueur), peas, salt to taste, pepper, dash of garlic powder, 2 heaping tbsp. margarine, 3 tbsp. Parmesan cheese. Combine noodles with peas, and serve.

Mrs. R. W. Jones, III

Eastern Shore Chapel Salads

Chicken Salad

4 cups cut up chicken
2 cups celery
1 cup mayonnaise
juice of 1 lemon
4 hard boiled eggs
salt
pepper

Serves 12.

Maytime Salad

2 pkgs. lemon jello
1-1/2 tsp. salt
3-1/2 cups hot water
4 tsp. vinegar
4 tsp. grated onion
1-1/3 cups grated carrots
dash of pepper
1/2 cup finely chopped green pepper

Dissolve jello and salt in hot water. Add vinegar, grated onion and pepper. Chill until slightly thickened. Fold in carrots and green pepper. Chill.

Orange Apple Mold

2 cups applesauce
juice and grated rind of 1 orange
2 pkgs. orange jello
2 small bottles of ginger ale or 7 Up
2-1/2 cups crushed pineapple

Bring applesauce to boil and add jello. Cool and add other ingredients. Chill.

Antipasto - Italian Salad

1/2 head Romane lettuce
1/2 head iceberg lettuce
4 stalks celery
1/2 bunch radishes
1/2 can black ripe olives
1 jar green stuffed olives
1 can anchovies (fish)

Wash all vegetables thoroughly, and refrigerate 1 hour before mixing. Mix in olives with green cold lettuce. Slice up 2 hard-boiled eggs (cooled) and some fresh Provalone cheese and Mozzarella cheese. Also slice some Genoa salomi, about 6 pieces into mixture. Then add anchovies. Use vinegar dressing for this. Salt and pepper to taste.

Mary Russell

Hot German Potato Salad

Peel and wash 6 large potatoes. Boil 20 minutes or until tender. Remove from water. Mash and then whip potatoes with rotary beater.

Cut up:
3 hard boiled eggs
2 stalks celery
1 small onion

Put this mixture into hot mashed potatoes. Mix in about 2 tbsp. mayonnaise. Salt and pepper to taste. It's delicious.

Mary Russell

Tomato Aspic

3-1/2	cups tomatoes	3	tbsp. chopped onion
1	tsp. salt	2	tbsp. lemon juice
1/2	tsp. paprika	1	bay leaf
1-1/2	tsp. sugar	4	ribs of celery with leaves

Boil for 30 minutes. Soak 2 tbsp. gelatin in 1/2 cup cold water. Add to strained hot juice. Add water to make 4 cups of liquid. Chill.

Mary Champe Burroughs

Cucumber - Cottage Cheese Salad Mold

1	pkg. lime jello
1-1/2	cups water
1	cup cottage cheese
1/2	tsp. minced onion
1/4	cup almonds, chopped
1	cup cucumber, grated
-	pinch of salt
1	cup mayonnaise

Dissolve jello in hot water. When just slightly warm add cottage cheese, onion, almonds, cucumber and salt. Fold in mayonnaise. Chill in mold.

Mrs. Joel Carlson

Tomato Aspic

1 large can tomato juice
12 cloves
3 tsp. vinegar
1 tsp. salt
red pepper
Worcestershire sauce
1 box gelatin

Place in pan and cook 30 minutes with tops of celery stalks and 3 quartered onions. Drain thoroughly, serve, add olives, hard boiled eggs and chopped celery.

Mrs. Brooke Taylor

Salad Dressing

To one egg add:
1 tsp. vinegar
1 tsp. sugar
1/2 tsp. salt

Mix in double boiler and cook until thick, beating all the time with an egg beater. When cold add 1/2 cup whipped cream. For larger quantity, use 4 eggs at once and 1 cup of whipping cream. For chicken salad, omit sugar.

Helen Firth

French Dressing

1/2 tsp. onion juice
1/2 tsp. paprika
1 tsp. mustard
1 tsp. Worcestershire sauce
1 tsp. salt
1-1/2 cup salad oil
2/3 cups vinegar
1/2 cup sugar
1 can tomato soup

Mix in the order given. Beat with egg beater. Put in a quart jar and keep in refrigerator.

Mrs. Richard A. Remington

Double E* Salad Dressing

1/4 lb. blue cheese
1/2 cup mayonnaise
1/3 cup Carnation milk
1/3 cup oil
1/3 cup red wine vinegar
1 tsp. Worcestershire sauce
2 or 3 garlic cloves finely sliced
salt and pepper to taste

Beat all together in a blender. Keeps beautifully in the refrigerator.

*both easy and excellent.

Anne Brydges

Mayonnaise

1/2 tsp. salt
1/2 tsp. mustard
Few grains cayenne
1 tbsp. vinegar
1 tbsp. lemon juice
1 egg
1-1/2 cups salad oil or olive oil
(I do not care for the olive oil)

Mix dry ingredients, add vinegar and egg. Beat with egg beater, add 1/3 cup oil and beat until dressing begins to thicken (can't beat too much, the more it is beaten the better). Add 1/3 cup oil, beat as before. Add remaining oil, 1/3 cup at a time. Beat until thick. Thin with lemon juice.

Alice Smith

Mike's Mayonnaise

Break one egg in the mixing bowl.
Add: 2 tbsp. vinegar
1 tsp. salt
1 tsp. dry mustard
1/4 tsp. pepper
1/4 tsp. Worcestershire sauce
pinch paprika
pinch tumeric
1 pint Wesson oil

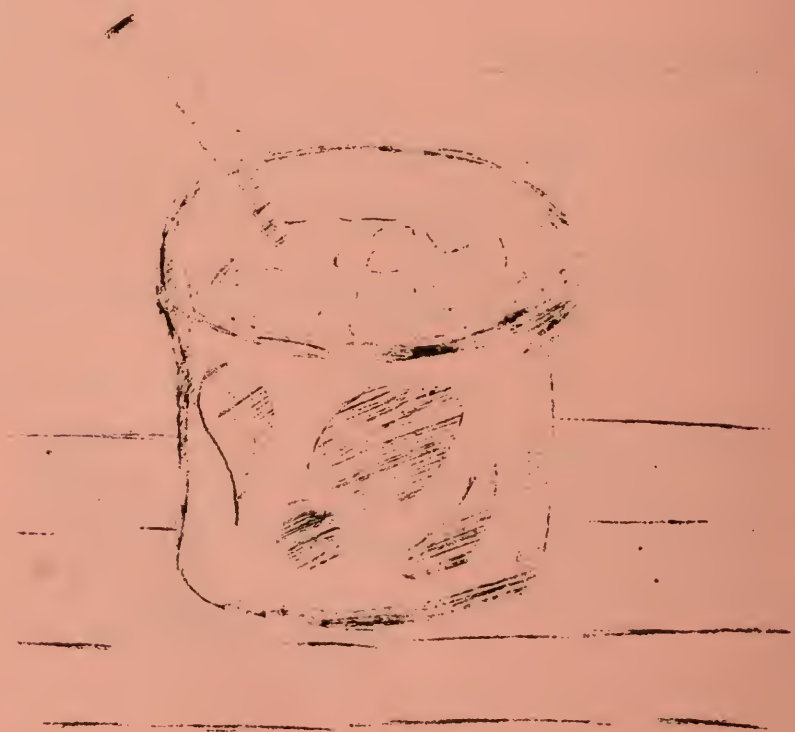
Add Wesson oil to above mixture about 3 tbsp. at a time. Beat with rotary beater. As oil is thoroughly mixed, add more until one pint is used. Keep in refrigerator, but do not freeze.

Mayo Wood

Quick and Easy Hollandaise Sauce

4 egg yolks
2 tbsp. lemon juice
1/2 tsp. salt
1/2 tsp. dry mustard
1 cup butter, melted and heated almost to the boiling point
dash Tabasco

Place egg yolks, lemon juice and seasonings in blender and blend for a second or two. Do not overblend until eggs liquefy. Remove the cover and pour in bubbling hot butter in a thin steady stream as the mixture blends. Blend until smooth and creamy, do not overblend. Makes 1-1/2 cups.



DESSERTS, CAKES AND PASTRIES

Friendship Cakes

1 cup GREETINGS

1/2 cup SMILES

2 large HANDSHAKES

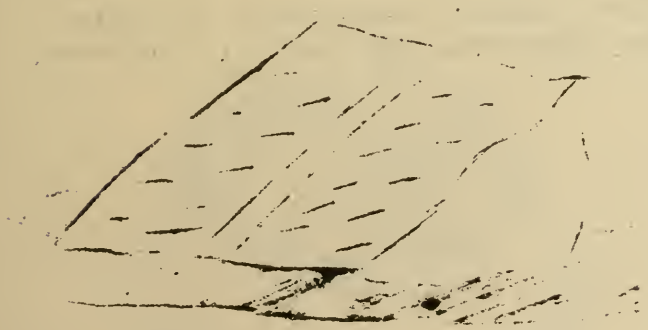
2/3 cup LOVE

2 cups HOSPITALITY

1 tsp. GENUINE INTEREST IN OTHERS

Cream Greetings and Smiles thoroughly.
Add Handshakes separately.
Add Love slowly.
Sift Interest in others and Hospitality,
and fold in carefully.
Bake in moderate oven.
Serve to all NEW acquaintances at Church.

Author Unknown



Scripture Cake

1-1/2	cups Judges	5th Chapter; 25th Verse
2	cups Jeremiah	6th Chapter; 20th Verse
4-1/2	cups Kings	4th Chapter; 22nd Verse
2	cups 1st Samuel	30th Chapter; 12th Verse
2	cups Nahum	3rd Chapter; 12th Verse
1	cup Numbers	17th Chapter; 8th Verse
1/2	cup Judges	4th Chapter; 19th Verse
2	tsp. 1st Samuel	14th Chapter; 25th Verse
2	tsp. Amos	4th Chapter; 5th Verse
6	tsp. (whole) Jeremiah	17th Chapter; 11th Verse
1	pinch Leviticus	2nd Chapter; 13th Verse

Season to taste according to 2nd Chronicles, 9th Chapter, 9th Verse.

Follow Solomon's prescription for making cake. Proverbs, 14th Chapter, 23rd Verse.

Whoopee Cake

Melt together over boiling water (top of double boiler) 2 squares of chocolate and 4 tbsps. melted shortening.

Remove from heat and add 1/4 tsp. salt, 3/4 cup whole milk and 1 tsp. vanilla.

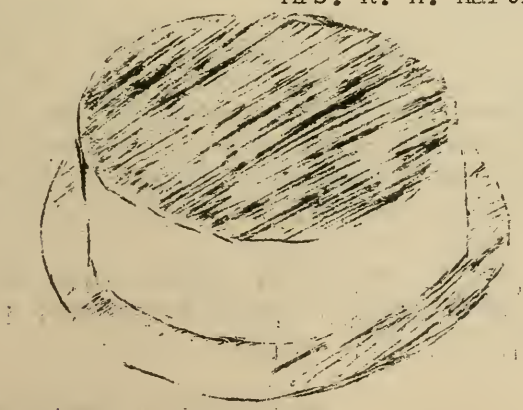
Mix separately - 1 egg, 1 cup sugar, 1-1/2 cups flour, 1-1/2 tbsp. baking powder. Stir in chocolate mixture and blend well. Bake in a flat square pan at 350° for 15 minutes (or use 2 small round cake pans). Cut square in half so you have two layers.

Filling - 2 tbsp. flour, 1/2 cup whole milk. Cook over low heat in small saucepan until thick. Cool. Add 1/2 cup sugar, 1/2 cup crisco (solid), 1/2 tsp. vanilla, and beat until light and fluffy.

Spread between two layers only. Lay a paper doily over top of bare cake and sprinkle confectioner's sugar on it. Carefully remove doily and serve.

This is an original recipe, handed down through the years. Different and very tasty.

Mrs. R. H. Hartley



Strawberry Bread Cakes

Cut rounds of white bread 1/2 inch thick with a large cookie cutter, allowing 2 rounds for each serving. Fry in butter.

Make syrup of 1/2 cup sugar, 1/4 cup water, 1/2 cup strawberries.

Dip bread in syrup and place in baking dish. Put a layer of sliced berries between two rounds of bread and top with remaining berries. Pour remaining syrup over the shortcakes. Bake in moderate oven 15 minutes. Chill and serve with whipped cream or meringue.

Gladys Davenport

Orange Raisin Cake

Juice of 1 orange -- 1/2 cup sugar

1/2	cup butter	2	cups flour
1	pinch of salt	1	tsp. soda
1	cup granulated sugar	1	cup raisins
			rind of orange
2	eggs	1	cup sour milk

Squeeze juice from orange. Add 1/2 cup sugar and keep in refrigerator.

Cream butter, add sugar gradually and cream well. Beat eggs thoroughly. Add to sugar and butter. Add soda to sour milk and add to mixture. Add flour and salt. Mix well. Put raisins and rind of orange through food chopper, add to mixture. Bake in tube pan in moderate oven for 45 minutes.

While cake is still hot, pierce with ice pick then pour sweetened orange juice over it. Leave in pan until cold.

Elisabeth L. Montgomery

Cherry Roly-Poly

2 cups Biscuit Mix
6 tbsp. softened butter
4 cups pitted sour cherries
1/4 cup brown sugar, firmly packed
1/2 . tsp. cinnamon
1-1/2 cups sugar
1 cup water
2 tbsp. lemon juice
2 tbsp. lemon rind, grated

Prepare biscuit dough. Roll in rectangle 12" x 8". Spread with 1 tbsp. butter. Cover within 1/2 inch of edge with cherries. Sprinkle with a mixture of the brown sugar and cinnamon, and roll like a jelly roll. Cut into 1-1/2 inch crosswise slices. Place in baking dish and cover with syrup made of butter, sugar, lemon and rind. Bake at 425° for 35 minutes. Serve warm with syrup and cream.

Mary Champe Burroughs

Chocolate Fudge Cake

4 eggs
1 cup melted butter
2 cups sugar
1 cup flour
1/2 cake of melted chocolate

Beat eggs lightly, add sugar, then pour in the butter. Add flour and put chocolate in last. Flavor with vanilla and bake in shallow pans. 275° or 300°. When cold, cut in squares and roll in powdered sugar.

Margaret L. Hutcheson

Prune Cake

1 cup (scant) cooking oil
2 cups sugar
3 eggs
2 cups flour
2 tsp. nutmeg
2 tsp. ground cloves
2 tsp. allspice
2 tsp. cinnamon
1/2 tsp. salt
1 tsp. soda
1 cup milk, with 1 tsp. vinegar. Let stand 15 minutes
1 cup cooked prunes
1 cup broken nut meats

Cream oil and sugar. Add eggs. Mix well and add milk slowly. Add flour sifted together with spices, salt and soda. Add nuts and prunes. Bake in tube pan in 350° oven for 1 hour and 10 minutes. Watch closely during last 10 minutes.

Virginia Powell

Quick Chocolate Cake

2 oz. chocolate
1/2 cup butter
1 cup sugar
2 eggs
1/2 cup milk
3/4 cup flour
2 tsp. baking powder
1 tsp. vanilla

Melt chocolate and butter over slow fire. Put in mixing bowl, add sugar, milk, eggs, vanilla and flour sifted with baking powder. Do not stir until all are in, then beat 2 minutes, until smooth. Bake at 350° for 30 minutes. Ice with butter icing.

Elisabeth L. Montgomery

Mayonnaise Spice Cake

1	cup raisins	1	tsp. nutmeg
1	cup sugar	1/2	tsp. salt
1	cup chopped nuts	2	egg yolks, and enough mayonnaise to fill cup 3/4 full
2	cups self-rising flour		
1	tsp. cinnamon		
1/2	tsp. cloves	1	tsp. soda
1/2	tsp. allspice	1	cup boiling water

Pour boiling water over raisins. Add soda. Let cool. Add all other ingredients. Beat. Bake at 350° for 25 or 30 minutes in well greased and floured pan. Makes 2 layers, or 1 loaf. Ice with sea foam icing or butter icing.

Eileen Boush

Hot Milk Sponge Cake

4 eggs - beat well.

Add 2 cups sugar, and beat well.

Add 2 cups of flour, and mix.

Heat 1 cup milk and butter size of walnut, pinch of salt. Add to first mixture.

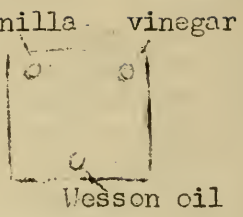
2 tsp. vanilla, 1-1/2 tsp. baking powder.

Bake in 325° oven, 1 hour, some times less. I bake it in an angel food tin.

Mary Goodwin

Crazy Cake

Sift in ungreased pan:
1-1/2 cup sifted flour
1 cup sugar
1 tsp. baking soda
3 tbsp. cocoa
pinch of salt



Make 3 holes - 1 hole - 1 tsp. vanilla
1 hole - 1 tbsp. vinegar
1 hole - 6 tbsp. Wesson oil

Then pour 1 cup water over all and mix well. Bake 30 minutes.

This makes a surprisingly rich cake. However, a very good icing can be made for it by covering the top of the cake with plain Hershey bars immediately upon removing cake from oven. Allow to cool and serve from pan.

Nancy Warren

Fruit Cake

1/2 cup shortening
1 cup sugar
2 eggs
1-1/2 cups flour
1/2 cup buttermilk or sour milk
1/2 tsp. soda
1/2 tsp. cloves
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1/2 tsp. allspice
1/2 cup jam
1/2 cup candied fruit
1/2 cup nut meats

Cream shortening, add sugar, eggs. Mix and sift flour, spices, add buttermilk or sour milk, jam, nuts and fruit. Bake 35 minutes in hot oven of 350°.

Mrs. Richard A. Remington

Ice Box Cake

2 cakes German sweet chocolate
5 eggs
1 tbsp. sugar
2 tbsp. ice water, and vanilla to taste.

Melt chocolate over hot water. Separate and beat eggs. Add to the beaten yolks, sugar and ice water. Then into this mixture beat the melted chocolate. Lastly, whip in the beaten whites and 1 small can of Pet milk or whipping cream, flavor with vanilla. (Chill Pet milk in can and whip before using.)

Let this mixture stand until medium thick. Line bowl with slices of sponge cake or lady fingers. Pour in the chocolate mixture, then another layer of cake and pour balance of mixture over same. Let stand for several hours in refrigerator and serve with whipped cream or ice cream.

Margaret Hutcheson

Lazy Daisy Cake

1 cup sugar, 2 eggs, beat until creamy; add 1 cup flour, 1 tsp. baking powder.

Boil 1/2 cup milk, add 1 tbsp. butter. Add to mixture and add vanilla and pinch of salt. Bake at 375°.

After baking, spread mixture of 6 tbsp. brown sugar, 1 tbsp. melted butter, 1 tbsp. cream on top and return to oven until brown.

Sue L. Davis

Chocolate Peppermint Cake

Cream together until fluffy:	2 pkg. (3 oz.) cream cheese 1/2 cup shortening 1/2 tsp. peppermint extract 1/2 tsp. vanilla
Measure:	1-1/2 lbs. confectionery sugar, sifted
Blend:	half of sugar into creamed mixture
Add:	1/4 cup hot water, alternately with balance of sugar
Blend in:	4 oz. melted chocolate (Reserve half of this mixture for frosting.)
Sift together:	2-1/4 cups flour 1-1/2 tsp. soda 1 tsp. salt
Combine with second half of chocolate mixture:	1/4 cup shortening
Blend in:	3 eggs, one at a time
Beat 1 minute (low speed on mixer)	
Measure:	3/4 cup milk

Add alternately, milk and dry sifted ingredients, beginning and ending with dry ingredients. Pour into 2 well greased and floured 9" cake pans. Bake at 350° for 30 to 35 minutes. When cool, ice with reserved chocolate mixture.

Mrs. A. L. Nicholson

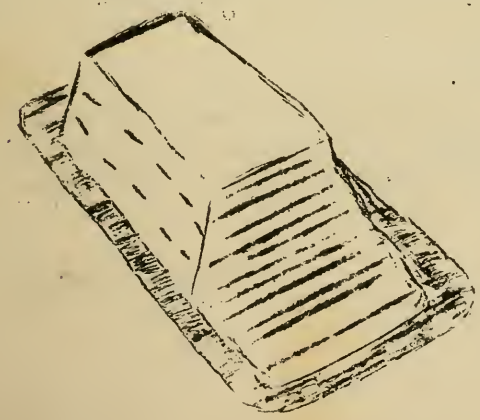
Chocolate Pound Cake

5 eggs
1/2 lb. margarine
1/2 cup Crisco
3 cups sugar
5 tbsp. cocoa
1/2 tsp. baking powder
1/4 tsp. salt
1 tsp. vanilla
3 cups cake flour (sifted)
1 cup milk

Beat eggs well, set aside. Cream sugar, margarine, Crisco, and add eggs. Blend well. Add vanilla. Sift dry ingredients four times together. Add to the egg mixture alternately with milk, starting and ending with flour. Line bottom of tube pan with wax paper. Do not grease the paper. Grease tube and side of pan. Bake 1 hour and 20 minutes at 325°. Let stand 25 minutes before removing from pan.

Icing: 2-1/2 cups sugar, 3/4 cup milk, boiled together until soft ball is formed when dropped in cold water. Remove from heat and add 1/4 cup butter. Place in pan of cold water. When almost cold add 1 tsp. vanilla. Beat until ready to spread on cake. Have some cream ready to thin mixture, if it gets too hard while spreading.

Dorothy Ingram



Black Walnut Cake

3/4 stick butter
2 or 3 eggs
1/2 cup milk
1-1/2 cups sugar
1 tsp. vanilla
1-3/4 cups flour
1-1/2 tsp. baking powder
1 cup walnuts, coarsely chopped

Cream butter and sugar, add yolks, then flour and milk, etc., lastly beaten egg whites, folded in. Bake in tube pan at 350° for 1 hour or a little longer.

Needs no icing. Sprinkle a little powdered sugar over it.

Mary Champe Burroughs

Cheese Cake

16 Graham crackers
1/4 lb. butter
3/4 cup sugar
1 lb. cream cheese, or 1/2 lb. cottage and 1/2 lb. creamed cheese
2 tsp. vanilla
1/2 cup cream
2 beaten eggs
1 cup sour cream

Make crust by rolling crackers into crumbs and mixing with melted butter and 1/4 cup sugar. Press into sides and bottom of lightly buttered 10" pie pan, and bake 5 minutes at 450°.

Make filling by combining cheese with sugar, vanilla, and creams. Beat well and blend in eggs. Pour into crust and bake for 20 minutes.

Goldie Bonney

A Cake in a Hurry!

1 box Yellow Cake Mix (I use Pillsbury's Bavarian Creme)
Mix according to directions, adding 2 heaping tbsp. Crisco and 1 egg. Instead of water use 1-1/4 cups orange juice.

Bake in 13" x 9" x 2" pan, five minutes less than directions call for and test.

Ice with regular butter icing consisting of 1/2 box confectioner's sugar, 1 heaping tbsp. butter, and orange juice enough to thicken to spreading consistency.

Mrs. R. W. Jones, III

Lemon Cake

1	pkg. Duncan Hines White Cake
1	pkg. Instant Lemon Pudding
2/3	cup milk
3/4	cup oil
4	eggs
1/4	cup lemon juice
1-1/2	cups powdered sugar

Mix first five ingredients. Bake 30 minutes in 325° oven. Reduce to 300° and bake 20 minutes longer.

Combine lemon juice and powdered sugar and pour over cake while still warm.

Mrs. S. J. Montgomery

Applesauce Cake

2	cups flour	1/2	tsp. nutmeg
1	cup sugar	1/2	tsp. cloves
2	tsp. soda	1	cup chopped nuts
3	tsp. cocoa	1	cup seeded raisins
1-1/2	cups applesauce	1/2	cup melted butter or margarine
1	tsp. cinnamon		

Sift all together, except applesauce, raisins and nuts. Toss nuts and raisins into dry ingredients. Add applesauce and 1/2 cup melted butter. Mix well and bake in 375° oven 30 to 45 minutes.

Mrs. Richard A. Remington

Cardamom Cake

1/2	cup margarine	2	tsp. baking powder
2	cups sugar	3/4	tsp. salt
1	egg	1	tsp. cinnamon
1	cup milk	3	tsp. ground cardamom
2	cups sifted, all purpose flour		

Cream margarine and sugar together until light and fluffy. Add egg and beat vigorously. Sift dry ingredients twice. Add dry ingredients to the creamed mixture alternately with milk, stirring after each addition just until blended. Pour batter into greased 9 x 9 x 2" pan, and bake at 325° for 40 to 50 minutes.

Note: High sugar content gives a tasty, crusty, almost caramel top. Easy to make because no frosting is required. It is very moist and tastes even better on second day. It is not a light, fluffy cake, but is more like the kind Grandmother used to bake--has a wonderful flavor.

Catherine La Rue

Fruit Cocktail Cake

1-1/2	cups granulated sugar	1	tsp. soda
3	cups all-purpose flour	1	#2-1/2 can fruit cocktail, using juice
2	eggs		
1/2	tsp. salt		

Mix well. Pour in pan 9" x 12". Sprinkle 1/2 cup brown sugar, 1 cup chopped pecans on top. Bake 45 minutes at 350°.

Topping: 1-1/2 cups brown sugar, 1 small can evaporated milk, 3 tbsp. butter. Boil 3 minutes. Add 1 tsp. vanilla. Spread on cooled cake.

Mrs. Johnnie Whitehurst

Gingerbread

Mix thoroughly:	1/2	cup soft shortening
	2	tbsp. sugar
	1	egg
Blend in:	1	cup dark molasses
	1	cup boiling water
Stir in:	2-1/4	cups sifted flour
	1	tsp. soda
	1/2	tsp. salt
	1	tsp. ginger
	1	tsp. cinnamon

Beat until smooth. Pour into greased and floured 9" square pan. Bake for 45 to 50 minutes in 325° oven.

Marjorie Andersen

Fire Dog Topping for Gingerbread

Spread over hot gingerbread a mixture of:

3/4 cup sifted confectioners' sugar
2 tbsp. milk

Sprinkle brown sugar over top. Serve warm.

Marjorie Andersen

Lemon Pie

3 eggs
1/4 cup butter
1 tbsp. cornmeal
1 cup sugar
1 lemon
1/4 cup cold water

Cream butter and sugar. Beat in egg yolks. Add water with meal mixture. Add lemon juice and grated rind of 1/2 lemon. Fold in beaten egg whites. Bake in moderate oven.

Ruth B. Epperson

Meringue Pie

Beat three egg whites stiff, as for meringue. Sift in slowly, one cup sugar. Fold in 2 tsps. baking powder, 14 Ritz crackers crushed, and nuts of any kind. Flavor with almond or vanilla. Pour into either two small or one large pie plate, greased. Bake in 325° oven for about 25 or 30 minutes. Serves 6. This always falls after it is baked, but it does not affect its goodness.

Margaret Hutcheson

Damson Pie (Old-Fashioned Caramel Pie)

5 eggs
1 cup sugar
1 cup butter
1 cup Damson Preserves (strained)

Cream butter and sugar. Add preserves, then egg yolks and beaten egg whites. Bake in partially baked pie shell at 300° for about 40 minutes.

Mary Champe Burroughs

Frozen Praline Pie

Meringue Shell: Beat 4 egg whites until frothy and add 1/2 tsp. cream of tartar. Beat until stiff and dry. Slowly add 1 cup sugar and stir until mixture is glossy. Put into a well buttered, deep ring mold that can be opened. Bake in a 300° oven for 50 to 60 minutes. Cool before adding filling.

Butterscotch Sauce: Cook together in saucepan, 1-3/4 cups white syrup, 2 cups sugar, 1 cup butter, 1 cup cream, until it reaches the soft ball stage. Add 1 cup cream and let cook until candy thermometer says 218°. Add 1 tsp. vanilla. Cool.

When meringue and sauce are cool, soften one quart of vanilla ice cream until soft enough to spoon into meringue shell. Pour over it a thick layer of butterscotch sauce and cover with pecan halves. Put into freezer until firm. Soften another quart of ice cream and repeat procedure. Cover tightly with aluminum foil and freeze. Serve in wedge with sauce poured over the top. Takes about 2 cups of pecans. (Rather expensive, but oh, so yummy!)

Mrs. L. L. Underwood

Fudge Pie

Mix together 1 cup sugar and 1 stick melted butter or margarine. Beat in 2 whole eggs, 1 square of chocolate melted over hot water, and cool slightly.

Beat into above mixture, 1/2 cup flour. Add 1 tsp. vanilla and pinch of salt.

Bake in greased 8-1/2" pie plate at 325° for 30 minutes. Serve with whipped cream or ice cream.

Mary Champe Burroughs

Lemon Fluff Pie

3 eggs
Juice of 1 or 1-1/2 lemons
1 cup sugar
3 tbsp. hot water
1 tsp. flour

Beat egg yolks and half of the sugar thoroughly. Add rind and juice of lemon, hot water and flour, and cook to custard stage. Add the 3 stiffly beaten egg whites, which have been beaten with other half of sugar. Put in ready baked crust and bake about 10 minutes at 350° until lightly browned.

Billie Reed

Sweet Potato or Pumpkin Pie

1-1/2 cups pumpkin or cooked mashed sweet potatoes
1/3 cup packed brown sugar
1/2 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. ginger
2 egg yolks, slightly beaten
1/3 cup milk.

Combine above and cook over medium heat, stirring constantly, until mixture boils. Stir in one envelope soaked unflavored gelatin. Cool.

Beat 2 egg whites until stiff but not dry. Gradually add 1/3 cup sugar, continue beating. Fold into potato or pumpkin mixture, 2 cups miniature marshmallows. Pour into 9" baked pie shell.

M. Bass

Tyler Pudding (Pie)

1/2 cup butter
1 cup brown sugar
2 eggs
Juice and rind of 1 lemon
1/4 tsp. cinnamon
1/4 tsp. allspice
1/4 cup cream or milk
1 tbsp. meal

Cream butter and sugar, add lemon juice and rind. Then beaten eggs and milk or cream. Add spices. Put in partially baked pastry shell and sift in the meal. Bake at 325° for 30 minutes. Can be served with whipped cream, if desired.

Mary Champe Burroughs

Peppermint Pie with Chocolate Shell

1 pkg. strawberry gelatin
1 cup hot water
2 cups heavy cream, whipped
1 cup crushed peppermint stick candy
1 9" chocolate shell

Dissolve gelatin in hot water; chill until partially set. Fold whipped cream and 1/2 cup of candy into gelatin mixture. Spoon into chocolate shell. Chill until set, about 4 hours. Sprinkle top with remaining candy before serving.

Chocolate Shell: Line a 9" pie plate with a 12" square of aluminum foil, pressing over bottom, sides and rim. Remove foil and place on ungreased baking sheet. Put one 6 oz. package (1 cup) semi-sweet chocolate bits and 2 tbsp. shortening in foil and heat in moderate oven (350°) about 5 minutes. Remove from oven and replace foil in pie plate. Gently blend chocolate and shortening; spread over bottom of foil. Cool until chocolate can be spread, then with back of spoon, swirl chocolate evenly over sides, making a scalloped edge over rim. Chill until firm, then remove foil carefully and fill. (Quick and easy, but looks very pretty.)

Mrs. L. L. Underwood

Chocolate Angel Meringue Pie

3 egg whites (room temperature)
1 cup granulated sugar
3 tbsp. chocolate syrup
8 Uneeda Biscuits, crushed
1 tsp. vanilla
1/2 tsp. baking powder
1/4 tsp. salt
1 cup chopped pecans
1 cup heavy cream

Beat egg whites combined with baking powder until stiff. Gradually beat in sugar and salt. The mixture should be so stiff when final sugar is added that it is difficult to beat. Fold in Uneeda Biscuits, pecans and vanilla. Spread mixture into a well greased 8" pie plate. Push it down in the middle and well up on the side in the shape of a pie crust. Bake at 300° for 30 minutes. CAUTION: Do not overbake!

Cool shell and fill with cream, which has been whipped with chocolate syrup. Refrigerate for a short time before serving.

Marguerite Aspinwall

Ozark Pie

Combine 2 eggs and 3/4 cup sugar.

Add 1/2 cup flour, 1-1/4 tsp. baking powder, 1/2 tsp. salt.

Add 1/2 (or more) cups chopped raw apples, 1/2 cup chopped nuts.

Bake in 9" pie dish at 325° about 30 minutes. Serve with whipped or ice cream.

Mrs. Ian P. Goodwin

Sand Tarts

1/2	cup butter	2	tsp. baking powder
1	cup sugar		white of 1 egg
1	egg		blanched almonds
1-3/4	cups flour	1	tbsp. sugar
1/4	tsp. cinnamon		

Cream butter, add sugar gradually and egg well beaten; then add flour mixed and sifted with baking powder. Chill. Toss half of mixture on a floured board and roll one eighth inch thick. Shape with a doughnut cutter. Brush over with white of egg, and sprinkle with sugar mixed with cinnamon. Split almonds and arrange 3 halves on each. Place on greased sheet and bake 8 minutes in slow oven.

Peg Ginder

Swedish Cakes

1/2 cup butter (one stick)
1/4 cup sugar
3/4 cup finely chopped pecans
1 unbeaten egg white
1 egg yolk, slightly beaten
1 cup flour
tart jelly

Cream butter, add sugar and cream until light. Add egg yolk. Mix well and add flour. Make in small balls, roll in egg white, then in pecans. Place on cookie sheet, press flat. Bake in 300° oven for 5 minutes, or less. Remove from oven and make small depression in center of each cookie, into which place small amount of jelly. Return to oven and bake 15 minutes or until golden brown.

Bett Etheredge

Oatmeal Cookies

1 cup butter
1/2 cup granulated sugar
1/2 cup light brown sugar
1 unbeaten egg
1 tsp. black walnut flavoring
1-1/2 cups flour
1/2 tsp. salt
1 tsp. (scant) baking soda
1-1/2 cups Quick Oat Meal

Cream butter and sugar together. Add egg and walnut flavoring. Sift flour, salt, soda, together and add oatmeal. Add to the creamed butter and sugar and mix until smooth. Place in refrigerator and cool dough about 2 hours or more. Drop from teaspoon on ungreased cookie sheet, allowing space for spreading. Dip fork into cold water and press each cookie flat. Bake in 400° oven until brown (about 8 or 10 minutes). Remove from pan at once and place each cookie on brown paper to cool before storing in cookie jar.

Mary Counselman

Old-Fashioned Sour Cream Cookies

1 cup sugar
1/2 cup margarine
5 tbsp. sour cream
1 egg
2 tsp. soda
1/4 tsp. salt
1/2 tsp. lemon extract **

If 1/2 cup of sugar and 1/2 cup of molasses is used, leaving out lemon extract and adding a little cinnamon, you have molasses cookies.
** Add flour enough to roll out for cutting. Bake 12 to 15 minutes in 425° oven.

Laura Remington

Filled Cookies

Dough:
1/4 lb. butter
1/4 lb. cream cheese
1-1/4 cups all-purpose flour

Filling:
1/4 cup chopped nuts (any kind)
1/2 cup strawberry preserves
1/2 cup seedless raisins
1 egg

Mix nuts, raisins and preserves.

Cream butter and cream cheese (should be heated to room temperature). Add flour gradually. Roll dough on floured board until thin. Cut dough in rounds with a cup. Add 1/2 tsp. of filling. Fold dough in half, press ends together with fingers or fork. Place on ungreased cookie sheet. Beat egg. Brush each folded cookie (this forms a glaze). Bake in 375° oven for 12 to 15 minutes. Yields 32 cookies.

Ruth Moore

Date Cookies

1 cup sugar
2 eggs
2/3 cup shortening
1 tbsp. boiling water
1/2 tsp. soda
1 lb. dates
1 lb. walnuts
1-1/2 cups flour or enough to make very stiff dough
2 tsp. baking powder

Mrs. Charles Field III

Ginger Snaps

1/4 cup shortening
1/4 cup black molasses
1 cup sugar
1 egg
2 tsp. baking soda
2 cups sifted flour
1/2 tsp. cloves
1/2 tsp. ginger
1 tsp. cinnamon
1/2 tsp. salt

Melt shortening. Let cool. Add sugar, molasses and egg; beat well. Sift flour with soda, cloves, ginger, cinnamon and salt. Add to first mixture. Mix well and chill. Form in 1" balls, roll in granulated sugar and place on greased cookie sheet, 2" apart. Bake at 375° for 8 to 10 minutes.

Minnie Mc. Avery

Congo Bars

Sift together and set aside:
2-1/4 cups sifted flour
1/2 tsp. salt
2-1/2 tsp. baking powder

Melt 2/3 cup shortening

Stir in 2-1/4 cups (1 lb.) brown sugar and allow to cool slightly. Beat in, one at a time, 3 eggs, beating well after each. Add flour mixture, 1 cup broken nutmeats, 1 package semi-sweet chocolates and blend. Bake at 350° for 35 minutes.

Sue Carlyle

Ice Box Cookies

1/2 cup butter
1 cup brown sugar
1 egg
1/4 tsp. salt
1/2 tsp. vanilla
2 cups flour
2 tsp. cream of tartar
1/2 tsp. soda
1/2 cup nuts (any kind)
1/2 cup coconut, if desired

Cream butter and sugar together. Add slightly beaten egg, mix and add vanilla. Sift flour, cream of tartar, soda and salt, add to the first mixture. Add nuts (and coconut, if desired). Roll into wax paper, oblong, put in ice box until chilled, then slice in thin slices and bake at 350° on greased sheets. Remove cookies while warm.

Billie Reed

Cookies

1/2 cup granulated sugar
1 stick melted butter
1/2 tsp. salt
1/2 tsp. baking powder
1 cup quick oats
1/2 cup coconut
1/2 cup dark brown sugar
1 egg, beaten
1/2 tsp. soda
1 cup flour
1 cup Rice Krispies
vanilla

Mix together. Form in balls, flatten on greased cookie sheet, and bake, 350° oven, until brown.

Gladys Davenport

Alfajores (Alfahores)

This little cake is Chile's national sweet.

2/3 cup butter
1 cup sugar
1 egg
2 egg yolks
1 tsp. vanilla
2 tsp. grated lemon rind
2 cups corn starch
1/2 cup flour
1 tsp. baking powder
1 tbsp. brandy

Cream butter, add sugar and continue creaming. Add the egg and egg yolks, beating until light and frothy. Add the vanilla and rind. Sift the corn starch, flour and baking powder and add to butter mixture, mixing well. Add brandy. Blend until dough is smooth. Chill in refrigerator for a few hours or until dough is firm enough to roll out. Preheat oven to 325°.

Roll dough 1/2" thick on a floured surface. Cut into rounds with a 1-3/4" floured cookie cutter. Place on buttered baking sheet. Bake at 325° for 15 or 20 minutes, or until very lightly browned. Set aside to cool. Fill each pair of cookies with Dulce de leche. Roll edges in grated coconut. Yield 24 cookies.

Dulce de leche

2 cups milk
3/4 cups sugar
1 tsp. vanilla
dash of baking soda
1 cup dried or fresh grated coconut

Combine milk, sugar, vanilla and baking soda in a sauce pan. Bring to a boil. Cook over low heat 2-1/2 hours, or until the mixture forms a soft ball when a small amount is dropped in cold water. Stir occasionally.

Alfajores (Alfahores)(Continued)

Test the mixture once or twice to see whether desired stage has been reached. Spread the dulce de leche between the Alfajores. Sprinkle the coconut on a piece of waxed paper and roll each cookie on its side so as to pick up the coconut. Yields 2/3 cups filling.

Filling--North American Style

(The one I use. It is much easier and delicious.)

Shake one can of condensed milk very well. Place can in sauce pan and cover completely with water. Boil rapidly for 1-1/2 hours, adding more water as needed to keep can covered. Cool under water. It is not necessary to add vanilla, sugar or baking soda. Merely spread the cakes with the contents of the can. Sandwich them, spread edges with filling. Roll in coconut.

Ruth Moore

Corn Flake Macaroons

2 egg whites, beaten stiff
1 cup sugar
2 cups corn flakes
1 cup shredded coconut
1/4 tsp. almond extract
1/4 tsp. vanilla

Bake in slow oven for about 20 minutes.

Peg Ginder

Jam Strip Cheesers

2 cups sifted flour)
1/2 tsp. salt) sift together

3/4 cup margarine)
1-1/2 pkg. (3 oz.) cream cheese) cream

Blend in dry ingredients gradually. Roll out on floured board to 1/2" thickness. Cut into 3" x 1" strips. Make a deep groove lengthwise down center of each with handle of knife. Keep ends closed. Place 1/2 tsp. jam or jelly in each groove. Place on ungreased cookie sheet and bake 15 to 20 minutes, until delicately brown. Makes about 30 strips.

Laurie Green

Rum Balls

Crush enough vanilla wafers to make 1-1/2 cups.

Sift 1 cup powdered sugar with 2 tbsp. cocoa. Add wafer crumbs. Stir in 1/3 cup bourbon, brandy, or sherry, mixed with 2 tbsp. honey or light corn syrup.

If this is not sufficient liquid to make a very stiff dough, add enough honey and liquor to just dampen the mixture, or add undiluted condensed cream.

Pinch off in small pieces, roll into balls, and coat with powdered sugar. Will keep indefinitely in a tight tin box and will improve in flavor.

Mrs. S. J. Montgomery

Almond Kisses

4 egg whites
1 cup sugar
3/4 cup slivered toasted almonds
1/2 tsp. almond extract
1 tsp. vanilla

Heat oven to 275°. Beat egg whites until they stand in peaks. Slowly add sugar until it is all added. Add almond extract and vanilla. Fold in toasted almonds carefully.

Line cookie sheets with 2 thicknesses of brown paper. Drop meringues by teaspoonfuls on paper. Cook for 45 minutes to 1 hour. Test one to see if cooked through.

To toast almonds, spread on cookie sheet. Put as far as possible from broiler. Watch to keep from burning.

Louisa Venable Kyle

Cheese Fluff

6 slices of bread
1-1/2 cups milk
1 cup grated cheese
2 tbsp. melted butter
2 eggs

Place 3 slices of bread in buttered baking dish, sprinkle with cheese, and cover with remaining bread and cheese. Pour over all, beaten eggs and milk seasoned to taste. Let stand about two hours, bake in moderate oven 30 to 40 minutes until custard is set. Serves six.

Brownies

1 stick butter, melted
1-1/4 cups sugar
pinch salt
1 tsp. vanilla
3 tbsp. (2 squares) melted unsweetened chocolate
3 eggs
3/4 cup sifted bread flour
1 tsp. baking powder
1 cup broken pecans

Mix sugar, salt and vanilla with melted butter. Add chocolate and whole eggs, one at a time. Beat well. Add sifted flour and baking powder and nuts. Beat well. Bake in buttered pan 30 minutes in moderate oven, about 350°. Cut while warm.

Mrs. Joel Carlson

Butterscotch Brownies

Melt over hot water: (1) 6 oz. pkg. Butterscotch Morsels
1/4 cup butter

Remove from heat. Stir in 1 cup light brown sugar. Cool. Stir until smooth.

2 eggs
1/2 tsp. vanilla
3/4 tsp. salt
3/4 cup all-purpose flour
1 tsp. baking powder
1/2 cup nut meats

Spread in well greased pan. Bake 25 to 30 minutes in 350° oven or until done. Do not overcook.

Eileen Davis

Apple Dessert

3 medium sized apples
1/3 cup sugar
3 tbsp. margarine
1/4 cup peanut butter
3 tbsp. sugar
1/2 cup flour

Peel, slice apples and mix with 1/3 cup sugar. Arrange in 8" pie pan. Cream margarine and peanut butter together. Add sugar and flour. Spread mixture over apple slices. Bake in moderate oven (375°) for 25 minutes. Serve warm with cream, if desired. Serves 6.

Mrs. Richard A. Remington

Quick Apple Struedel

3 cups self-rising flour
1/3 cup salad oil
1-1/2 cups milk
1/2 can applesauce
1 cup raisins
1/4 cup sugar
1/2 tsp. cinnamon

Mix salad oil and milk. Pour liquid into flour and mix well. Roll out on floured board 1/4" thickness. Spread applesauce all over dough. Spread raisins over applesauce. Sprinkle sugar and cinnamon mixture over entire area. Roll like jelly roll. Cut with flour-dipped spatula 1" apart. Set on buttered pan. Preheat oven to 400°, and cook 35 minutes or until brown. Remove quickly from pan when done.

Mary Russell

Date Loaf

4 eggs
1 cup sugar
1 cup flour
2 tsps. (heaping) baking powder
1 tsp. vanilla
1 tsp. salt
1/2 cup whisky, brandy or wine
1 lb. dates, cut up
1 lb. pecans, broken

Mix as for fruit cake. Bake in loaf tin in slow oven, 250°, for 2 to 3 hours, according to oven.

Mrs. Henry C. Barton, Jr.

Bourbon Mousse

Dissolve 1 package of plain gelatin in 1/2 cup hot water.

Whip 1 pint of whipping cream. Add to it 1/2 cup of powdered sugar and 1/4 cup bourbon. Add the gelatin. Line a mold with lady fingers. Pour in the cream mixture. Chill in refrigerator until firm.

Mrs. Carter H. Coupland

Carran Salad

Take 1 large can (#2-1/2; 1 lb. 14 oz.) fruit cocktail and drain well. Put in large bowl. Peel and slice 2 medium bananas, 1 cup pecan bits and 1 peeled, diced apple. Use 1 whole can aerosol whipped cream and fold in well. (Serve with "fingers" of pound cake or fruit cake.) This is an original recipe.

Mrs. R. H. Hartley

Turtle Hall Angel Food Delight

4	eggs separated
1/2	cup cooking sherry
1	cup sugar
1	envelope plain Knox gelatin
1-1/2	pts. whipping cream
1	small angel food cake broken into 1" pieces
	Cherries to garnish

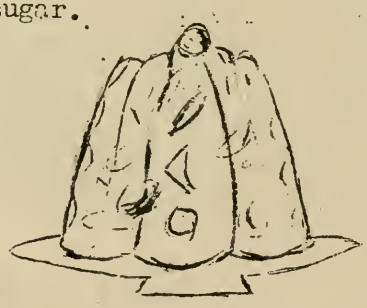
Beat yolks until light, gradually adding 1/2 cup of sugar. Add sherry. Put into double boiler and cook until mixture thickens, stirring constantly. Cool.

Beat egg whites, adding remaining sugar (1/2 cup), except about 2 tablespoons to sweeten icing.

Whip 1 pint cream and add to egg white mixture, then add gelatin which has been soaked in a little cold water and dissolved over boiling water. Combine egg yolk and whipped cream mixtures.

Using a large angel cake pan as a mold, place a layer of the broken angel cake in bottom. On this pour a layer of the custard. Repeat until all are used.

Set in refrigerator to congeal for 12 hours, or longer. Remove from mold and ice with remaining cream whipped with remaining 2 tbsp. of sugar.



Charlotte Russe

Line pudding dish with sponge cake, or line sherbet glasses with split lady fingers. Then fill with the following and chill.

1 tbsp. gelatin
1/2 cup milk
2 cups whipping cream
1 tsp. vanilla
1/2 cup powdered sugar
dash of salt
whites of 2 eggs
1 tbsp. sherry wine

Soak gelatin in milk for 20 minutes. Whip cream and add sugar, then beaten egg whites. Add vanilla and wine. Melt the gelatin over hot water, and when lukewarm strain it into the cream. Stir until well mixed and mixture begins to stiffen. Pour into the molds and put in refrigerator until ready to serve. Decorate with maraschino cherries.

Mrs. Robert H. Etheredge

Sweet Potato Puff

Take 1-1/2 pounds sweet potatoes (3 to 5). Boil until tender, skin and mash. Add 1/4 pound of butter or margarine, 3 eggs, 1/4 cup milk, 1-1/2 cups sugar (syrup, if necessary), flavor with pinch of nutmeg, allspice, cinnamon and cloves, and 1/2 cup shredded coconut (if available). Mix all together, place in casserole. Bake 15 minutes in medium oven. Serves 6 to 8. Use as main dish to serve with pork.

To be used as a dessert, add 1/4 cup raisins, 1/2 cup crushed pineapple, with marshmallows browned on top.

Mrs. Howard Eager

Chocolate Angel Delight

2 envelopes Knox Gelatin
1/2 cup cold water
4 squares bitter chocolate
1-1/2 cups hot water
6 eggs, beaten separately
2/3 cups sugar
2 tsp. vanilla
2 Angel Food cakes (small)

Dissolve gelatin in cold water. Melt chocolate in hot water and add gelatin. Cool. Add beaten egg yolks (1st bowl large). Beat egg whites until stiff--sugar added and vanilla. Fold egg whites into gelatin mixture.

Cut Angel Food cake into 1-1/4 inch squares and place in huge bowl. Pour gelatin mixture over angel cake, covering all sides of cake. Place in spring form pan, #8 or #10, and allow to chill three hours or overnight. Turn out on torte plate and cover with whipped cream (1-1/2 pints) or 2 jars aerosol.

Mrs. Alden W. Whitney

Fruit Ice

Juice of 2 oranges
Juice of 2 lemons
1 small can crushed pineapple
1 banana, mashed

Boil together 1 cup water and 1 cup sugar for 5 minutes or until dissolved. Cool. Mix with juices and freeze. Stir once during freezing.

Alice M. Smith

Sweet Mince Roll-Up (Quick Dessert)

Sift together:	2	cups sifted flour
	1/4	cup sugar
	2	tsp. double acting baking powder
	1	tsp. salt
Add:	1/2	cup milk
	1/3	cup salad oil

Mix only until all flour is moistened.

Roll out on floured pastry cloth or board to a 13" x 9" rectangle.

Spread with 2 cups prepared mincemeat.

Roll as for jelly roll, beginning with 13" side. Seal ends and place in ungreased large shallow pan. Bake in hot oven (425°) 20 to 25 minutes, until golden brown. Pour warm cinnamon sauce over roll and bake 5 minutes longer, basting once or twice with sauce. Serve warm.

Cinnamon Sauce: Combine 1 cup firmly packed brown sugar, 1/2 cup water, 1/4 cup butter, and 1 tsp. cinnamon in sauce pan. Bring to boil, stirring constantly. Remove from heat and pour over roll.

Mrs. L. L. Underwood

Snowballs

A delicious and pretty party dessert, and it must be made the day before.

2 eggs, beaten lightly
1 stick butter (oleo) creamed
1 cup sugar
1 small can pineapple (drained)
1 cup chopped pecans
1 pint whipping cream (whipped)

Add eggs to the creamed butter and sugar. To this mixture add the pineapple and nuts. Spread this mixture on layers of brown-edge vanilla wafers, making them four wafers high. Put these on a cookie sheet in the ice box over night. Ice them with the whipped cream the next day.

If you desire, tint the whipped cream and cover each snowball with fresh shredded coconut.

Make one dozen. Two boxes of brown-edged wafers are needed.

Mrs. Julian H. Lipscomb

Scotch Bread

2 sticks oleo or butter (1 of each is better)
1/3 cup confectioner's sugar
2-1/3 cups sifted flour

Cream butter and sugar, work in flour. (Have to use hands for best results.) Divide in 2 portions, about 1/2" thick. Bake at 300° for 35 minutes. (I use 2 pie pans.)

Helen Firth

Rum Macaroon Dessert

1 envelope gelatin
1/2 cup cold water
4 eggs, separated
1/4 cup sugar
dash salt
1/2 cup hot water
2 tbsp. rum
Macaroons, crumbled, about 12
3 tbsp. sugar

Beat yolks with 1/4 cup sugar. Add hot water slowly. Cook in double boiler until like custard. Soften gelatin in cold water. Add the hot custard. Add crumbled macaroons. Cool. Beat egg whites until stiff. Beat in 3 tbsp. sugar. Fold into other mixture. Chill overnight. Serve with whipped cream. 6 servings.

Lilian S. King

Date Pudding

1 cup dates, chopped
1 cup nuts, either walnuts or pecans, chopped
1 cup sugar
2 tbsp. flour (scant)
1 tsp. vanilla
3 eggs, beaten separately

Mix together dates, nuts and flour. Mix together yolks of eggs and sugar. Add to this the dry ingredients and vanilla. Fold in beaten whites of eggs. Bake in moderate oven 15 minutes.

Mrs. R. F. Trant, Sr.

Spice Steam Pudding

1/2 cup butter or shortening
1/2 cup molasses
1-1/2 cups milk (sweet)
3 cups flour
1 cup raisins
1-1/2 tsp. soda
1 tsp. cinnamon

Put into well greased container and steam for 3 hours.

Sauce:

1 quart milk
4 tbsp. flour
1 tbsp. sugar

Cook in double boiler. Keep stirring until well thickened like pudding should be. When taken from stove add 1/2 tsp. lemon extract.

Nuts and dates could be added to the pudding. Very good.

Laura Remington

Emergency Plum Pudding

1 cup grated carrots
1 cup grated Irish potato
1 cup flour
2 cups raisins
1/2 cup butter or margarine
1 tsp. salt
1 tsp. nutmeg
1 tsp. sugar
1 tsp. cinnamon
1 tsp. soda dissolved in hot water

Mix thoroughly. Steam 3 hours or 45 minutes in steam pressure cooker.

Mrs. D. H. Crosby

Chocolate Pudding

1 pint milk
3/4 cup stale bread crumbs
2 eggs
3 squares Baker's Chocolate (large cake)

Melt chocolate in 1/2 of milk in double boiler. Beat unseparated eggs. Add 1/2 of milk, bread crumbs and lastly, melted chocolate.

Put mixture in buttered casserole; place in preheated oven (400°) and bake 20 or 30 minutes. Serve hot with following sauce:

1/2 cup brown sugar
1/3 cup butter
2 tbsp. boiling water

Cream butter and sugar until light. Add boiling water. Beat hard.

Mrs. Braden Vandeventer

Biscuit Tortoni

3/4 cup dry macaroon crumbs
3/4 cup milk
1/4 cup sugar
few grains salt
1 cup cream, whipped
1/4 tsp. vanilla
1/4 tsp. almond extract

Soak 1/2 cup of the macaroon crumbs with the sugar, salt and milk for one hour. Fold in the cream, whipped, vanilla and almond extract. Fill paper cases with the mixture and cover with the remaining macaroon crumbs. Put cups in muffin tins and place in freezer.

Mrs. Joel Carlson

Vineyard's Boiled Custard

In a heavy aluminum pan bring just to a boil 4 quarts milk (raw or grade A, other milk curdles easily), stirring all the while so it won't stick.

In the meantime, beat slightly 8 large eggs or 9 small eggs, and add 18 tbsp. sugar (heaping) and beat until light and fluffy.

Slowly add 1 or 2 cups of hot milk to egg mixture. Combine with remaining milk and again let it come just to a boiling point, stirring all the time.

Remove from heat. Cool and add flavoring when served. Brandy, vanilla or nutmeg may be used. (Delicious as a drink with Thanksgiving and Christmas desserts.)

Alice M. Smith

Fresh Fruit Ice Cream (Quick)

2 cups fresh peach or strawberry pulp
3/4 cup sugar
Juice of 1 lemon

Mash fruit thoroughly. Add sugar and lemon juice. Put into tray and freeze to a mushy consistency.

Beat 2 egg whites with 2 tbsp. sugar. Beat 2 egg yolks. Whip 1 cup of heavy cream.

Remove frozen fruit pulp and beat with egg beater. Carefully combine fruit with egg mixtures and fold in whipped cream. Return to freezing compartment to continue freezing. Remove and stir once before it is completely frozen.

Mrs. L. L. Underwood

Short Bread (British)

1/2 cup sugar
1 cup butter
3-3/8 cups flour
1/4 tsp. salt
pinch of soda

Mix all together with hands until well blended. Spread in deep flat pan. Press away from edges of pan. Part with fork. Start at 325° and reduce to 300°. Cook about 1 hour and 10 minutes. Cut while warm. (Be very accurate with measurements.)

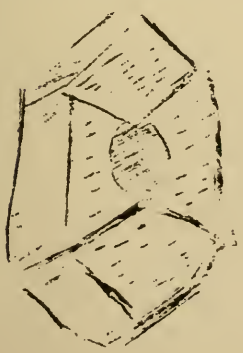
Laurie Green

Scotch Wafers

1 egg
1 cup brown sugar
1/8 tsp. salt
1 cup rolled oats
1/3 cup melted shortening (not quite a stick)
1/2 tsp. vanilla

To beaten egg add sugar, salt. Cream until well blended. Stir in oats and shortening. Mix thoroughly. Add vanilla. Drop by teaspoon onto greased sheet, 2" apart. Bake at 300° for about 10 minutes. Remove immediately from sheet to rack.

Helen Firth



JELLIES AND PRESERVES

Angostura Jelly

1 cup apple juice
2 cups sugar
1/2 bottle Certo
36 drops of Angostura bitters

Heat apple juice and sugar, add bitters, then follow instructions on Certo bottle. Pour in jars and seal with wax. Delicious with meat, especially cold beef.

Mrs. David Pender, Jr.

Golden Marmalade

Quarter 6 oranges and 3 lemons, discard seeds. Slice fruit very thin. Cover fruit with water and let stand overnight. Next day boil the mixture 45 minutes. Let stand overnight again. In the morning measure and then bring to a boil. Add 1-1/2 times as much sugar as fruit. Boil 45 minutes. Just before the marmalade is removed from the heat, add 1 cup lemon juice. Seal in glasses. This makes 5 to 6 pints. Uses about 9 lemons.

Lilian S. King

Nasturtium Pickle

Take green nasturtium seeds and put in strong salt water for 24 hours. Drain, put in glass jars and cover with spiced vinegar. Equal to capers.

Mrs. R. F. Trant, Sr.

Betty's Ginger Marmalade

1 medium grapefruit
2 oranges
2 lemons
5 lbs. sugar
50¢ worth of crystallized ginger (add last)

Cut and grind fruit. Add less than 3 times as much cold water and let stand overnight.

Bring to boil next day and let stand over another night. Next day bring to boil. Add sugar and boil slowly for 3 hours, or until it jells. Add ginger when nearly done.

Bottle and seal.

Mary Goodwin

Damson Preserves

Wash fruit thoroughly. Drain, and prick each plum with a fork.

For each one lb. of fruit use 1/2 cup of water and one cup of sugar.

Dissolve sugar in water and bring to a boil, add fruit. Boil gently until fruit is clear and tender, and syrup is thick. Pour into hot jars.

Mrs. R. L. Denig

Green Tomato Pickle

1 peck of firm green tomatoes
3 lbs. medium sized onions
1 cup salt

Slice unpeeled tomatoes, peel and slice onions, put in an enameled or china container (do not use metal) let stand overnight. Drain well in the morning.

2 quarts vinegar

Pour vinegar over tomatoes that have been drained; cook in an enameled pan until vegetables look clear, but are not falling to pieces. Drain and throw away the vinegar in which they were cooked.

Combine: 3 tbsp. dry mustard
1 tbsp. red pepper (cayenne)
2 tsp. powdered tumeric

Add to the cooked and drained vegetables and mix well.

Boil together 3 minutes:
1 lb. brown sugar
1 qt. vinegar
1 oz. celery seed
2 oz. white mustard seed
1 tbsp. ground cloves
2 tbsp. ground mace

Pour over cooked vegetables and allow to become cold. Add one cup of olive oil (any salad oil may be substituted). Mix pickle well and put into sterilized jars. Pour melted wax on top and seal. Note: This is very highly seasoned pickle and quite thick in consistency. Delicious with roast beef or any meat.

Louisa Venable Kyle

Corn Relish

Chop together 1 quart cucmbers, peeled and seeded, 1 quart onions and 15 peppers, 1/2 green and 1/2 red and yellow. Mix and then add a handful of salt, squeeze out juice. Cut 12 ears of corn from cob, chop 2 quarts ripe tomatoes, add 2 quarts vinegar, 1 quart sugar, 1 oz. celery seed and boil 40 minutes. Bottle and seal.

Mrs. R. F. Trant, Sr.

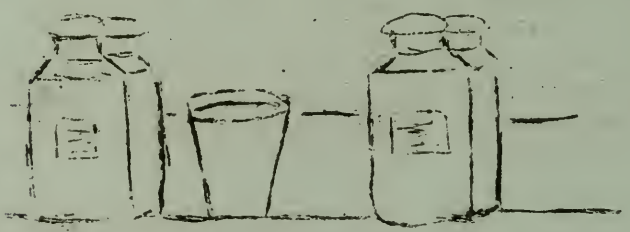
Green Tomato Chutney

6	lb. green tomatoes	
10	onions	
3	green peppers	
4-5	cups vinegar	
1	lb. Sultanas (white raisins)	
18	oz. dates	
2	lbs. brown sugar	
1	stick cinnamon	in bag
1	tsp. whole cloves	in bag
1	tsp. ginger	
1	tsp. allspice	
1/4	tsp. Cayenne pepper	

Cut up tomatoes, peppers and onions.

Melt brown sugar in vinegar, and add all ingredients. Boil until tender. Bottle.

Mary Goodwin



ODDS AND ENDS

Spiced Nuts

Beat lightly (until foamy) 1 tsp. water and 1 egg white.

Add to this 2 cups pecan halves. Stir until nuts are covered.

Mix 1/2 cup sugar, 1/4 tsp. nutmeg, 1/4 tsp. cinnamon, and 1/4 tsp. salt. Add this mixture to nuts and stir until nuts are well coated. Take fork and separate nuts on greased cookie sheet. Bake at 275° for 30 minutes.

Eleanor Branch

Iced Almonds

1 cup whole blanched almonds
1/2 cup sugar
2 tbsp. butter
1/2 tsp. vanilla
3/4 tsp. salt

Heat almonds, sugar and butter in heavy skillet over medium heat, until almonds are toasted and sugar is golden brown. Stir constantly. Takes 10 to 15 minutes. Add vanilla.

Spread nuts on a sheet of aluminum foil and sprinkle with salt. Cool. Break into 2 or 3 nut clusters.

These are so quick and easy - grand for the children to "help cook". Have a delicious butter flavor, just a bit both sweet and salty.

Anne B. Brydges

Candied Grapefruit Peel

Use 2 grapefruit. Peel and cut into strips.

Cover peel with water. Simmer 15 to 20 minutes. Drain and repeat twice, making three times in all.

To each pint of drained peel, add:

2	cups sugar
1-1/2	cups water
1	tsp. ginger, ground
1/8	tsp. salt

Cook slowly until thick, but careful not to over cook and turn dark in color.

To 1 quart of hot syrup, add 1 envelope gelatin soaked in small amount of cold water.

Let cool. Then lift out peel. Drain and roll in granulated sugar. Lay each piece on paper to dry. Soft and delicious. Can be frozen.

Eileen Boush

How To Cook A Husband

First catch him.

Many good husbands are spoiled in the cooking. Some women go about it as if their husbands were bladders and blow them up. Others keep them too much in hot water, while others freeze them with icy indifference and freezing coolness.

Some smother them with constant contention, hatred, and some keep them in hot pickle all their lives. Then some women always serve them with tongue sauce.

Now it cannot be supposed that husbands will be tender and palatable if cooked in this way. On the contrary they are hard, tough and snappish, actually good for nothing. If, however, they are cooked by the following recipe they are prime and delicious.

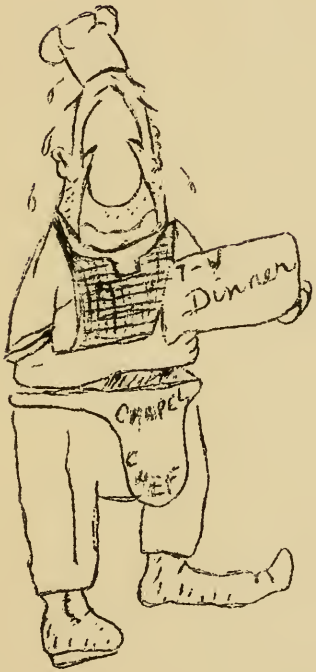
Get a large jar called the jar of faithfulness (which all good wives keep on hand). Place your husband in it and set him near the fire of conjugal love, let the fire be pretty hot, but especially let it burn clear, and above all let the heat be constant.

Cover him with affectionate kindness and confidence, garnished with modest and becoming familiarity and spiced with amiable pleasantry. And if you add a few kisses and other confectionaries, let them be accompanied with sufficient portions of secrecy mixed with prudence and moderation. And

let the whole conjugal life be seasoned with love and devotional piety.

We would advise all good wives to try this recipe and realize what an admirable dish a husband makes when properly and discreetly cooked.

The End



Newton B. Miller